



With the recent developments in the spread of COVID-19, we wanted to take a moment to explain the steps we are taking to protect patients, our team and the community. The health and safety of our patients and team are our top priorities.

At this time, we continue to treat patients in our office. We have processes and procedures in place to enable us to care for you, our patients, while also keeping our employees safe, which include:

- We have always followed the latest infection control guidelines and use universal precautions in the clinic.
- We are committed to following the latest guidance from the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) and the Alaska Department of Health and Social Services (AKHSS) to help prevent the spread of illness in Alaska.
- We continue to focus on the utmost cleanliness of our reception area and treatment rooms, and have increased our surface sanitization of tables, chairs, door knobs and bathroom faucet handles throughout the day.
- Treatment rooms and tables are fully sanitized between each patient.
- High touch surfaces have been reduced in our reception area; iPad check-in is not in use, coffee and water service has been temporarily suspended, and magazines, toys, books have all been removed.
- We have placed additional emphasis on the importance of handwashing (20 seconds or more) and the consistent use of hand sanitizer. Physicians and therapists wash their hands for at minimum 20 seconds between each patient.
- Employees are staying home when sick. Any employee who is sick at work is sent home.

## **Staying Informed and Healthy**

- Follow the CDC, WHO, Alaska HHS recommendations and mandates.
- If you or a family member is currently experiencing any cold or flu-like symptoms (fever, body aches, sore throat, runny nose, cough, upper respiratory issues, fever) please contact our office at (907)333-3535 to reschedule your appointment and seek medical attention by first calling your primary care provider or the local ER.
- Practice social distancing: Avoid gathering in groups of 10 people or more, maintain a 6 foot distance between other people, avoid going to the grocery store during peak hours.
- To promote social distancing, we encourage that your children remain at home unless they have an appointment. At this point, only patients will be allowed into treatment rooms and the therapy area unless there are special circumstances approved by the Doctors.
- Get outside! We are lucky to live in such a beautiful state with access to so much space!
- Eat well balanced meals and exercise.
- Social distancing does not mean social isolation: Check in on friends and relatives by calling, FaceTiming, or other social media.

We care about everyone's safety and are closely monitoring the situation and guidance from WHO, CDC, AK HSS to ensure we are following the most up-to-date information possible. We encourage everyone to stay informed and follow the recommendations of local health authorities.

Dr. Adkins and Brian have recently returned from travel out of state and are taking the necessary precautions and following the state mandate to practice social distancing for the next 14 days and will not be treating patients during this time. They plan to return to the office the week of March 30<sup>th</sup>.

We know this is a difficult time for everyone, and we care about our patients as they are our family. Please keep a positive attitude, eat well and exercise. Continue with your stretches and rehabilitation programs as prescribed. If you have any questions please call or email the office.

In Health,

Adkins Chiropractic

### **Websites**

For additional trusted resources about COVID-19, we recommend these websites. We will monitor and update the list as the situation evolves.

- <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
- <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- <http://dhss.alaska.gov/Pages/default.aspx>
- <https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

COVID-19 Update 3/19/2020

To Our Current Patients and Our Local Community:

We wanted to give you all a current update on our clinic, and the current concerns we all face.

As of right now, we are remaining OPEN. Dr. Best and our massage therapists continue to see patients and are honored to serve our community during this time. We continue taking the previous precautions we discussed in our last update including sanitizing all surfaces after each patient, allowing extra time in between patients, ensuring all of our staff has their temperature checked prior to the work day and is practicing self-hygiene including hand and arm washing after and before each patient.

We are asking that any patients who are sick, or have a family member who is sick, or have been in contact with someone who is sick, to please remain home in self-quarantine as recommended by the CDC. We also ask that you follow the current Alaska DHSS mandates: <http://dhss.alaska.gov/dph/Epi/.../Pages/COVID-19/default.aspx>

We are staying open for two reasons:

One, to continue to serve our current patients we know are in need.

Two, to provide relief on our hospital and urgent cares for musculoskeletal pain. Our hospitals, urgent cares, and other medical offices are overwhelmed with sick patients. We are able to, in many cases, manage musculoskeletal issues. If we feel that further imaging or referral is necessary we will of course do so. We need to allow our medical centers and hospitals to put all energy and resources into dealing with severe cases, and of course patients whom are showing symptoms of COVID-19.

We are also working at this time on implementing Tele-Health Services. Patients will be able schedule a time for rehab exercise instruction and injury counseling with one of our doctors for an evaluation by FaceTime or Google hangouts/Skype. Please contact our front desk if you are interested in scheduling one of these appointments. We will update you as soon as implementation is complete.

If you prefer to wait in your car instead of the waiting room, please call our office upon arrival and the front desk will check you in and will call you when the doctor is ready for you. Upon entering the clinic, you will be allowed to go immediately to the restroom to wash your hands and then go to the doctor's room.

We are here for you and we are honored to serve our community during this time and will continue to update you as pertinent. We wish the best health for you and your family, and remember sometimes humor is the best medicine.

