



Suffolk Chiropractic Rehabilitation

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To our valued patients,

In light of the recent developments concerning the coronavirus, we have decided to issue a statement in regard to our continued commitment to ensure the health and safety of our patients and their families. We also want to take this opportunity to offer some suggestions that will reduce your risk of exposure to the virus and hopefully grant you some piece of mind while you are in the office and while you go about your day to day lives.

The office is intensifying our efforts to ensure cleanliness of the facilities to make sure that the virus is not spread via contact with soiled surfaces. The staff has been instructed to practice cleanliness policies to an even higher standard. In addition, the staff has met to discuss the importance of proper hand hygiene and have been asked to stay at home if they exhibit any signs of illness. The safety and health of our staff as well as that of our patients is of paramount importance to us.

There are some preventive measures that we ask from you in order to reduce exposure to the virus:

- If you are experiencing coughing, shortness of breath, or fever symptoms, stay home. This will allow you to rest and recover as well as preventing others from being exposed.
- Wash your hands. Do this thoroughly (for 30 seconds) before touching food.
- Ensure that you are adequately hydrated. This means drinking 8, 8 ounce glasses of water per day.
- Eat foods high in vitamin C, D and Zinc or consider taking a high quality supplement, such as those sold at the office. Examples of helpful supplements include nanogreens, Vitamin D3 and Zinc lozenges.
- Ensure that you are getting 8 hours of quality sleep each night and doing all that you can to minimize stress. This will ensure that your immune system functions at maximum efficiency.

If you have any further questions or concerns please feel free to ask any of our staff and know that we are taking appropriate measures to help make your experience with us a healthy and safe one.

Yours in good health,

SUFFOLK CHIROPRACTIC REHABILITATION AND STAFF