

Staying safe during reopening

Lately, many states have started loosening their stay-at-home restrictions. This means restaurants and shops may start to reopen. Unfortunately, this is resulting in a spike in COVID cases across much of the U.S. It's time to be extra cautious.



Outside the clinic



If you start leaving your home to socialize, shop, or eat, you are more likely than ever to come across others with COVID-19. Here are some precautions you can take to stay safer:

- **Stay outside.** The increased airflow makes it harder for the virus to spread. Opt for patio seating if you go out to eat.
- **Be careful with crowds.** Larger gatherings where social distancing can't take place are going to be more risky than a smaller gathering where you can stay distanced.
- **Find places that support social distancing and require a mask.** If a restaurant, theater, grocery store, hotel, etc. does not provide these protections, it's best to avoid. Call ahead to ask!
- **Limit your time around others.** The longer you are near others, the higher the risk that they could transmit the virus if they are COVID-19 positive.

Inside the clinic



COVID-19 has gone on longer than any of us hoped. We know some of our safety measures can be frustrating and uncomfortable. We

promise that they are all designed to keep you and others safe. We sincerely appreciate your help and sacrifice.

- **Call the center before you leave home** if you have any of these symptoms the night before, or morning of, your treatment:



- Fever
- Dry cough
- Shortness of breath
- Shaking / chills
- Muscle aches
- Headache
- Sore throat
- Fatigue
- Diarrhea
- Loss of taste / smell
- Runny nose

- **Wear your personal cloth mask as you are entering the clinic.**
- **Wear your surgical mask in the treatment area.**
- **Avoid eating and drinking** unless your dietitian has given you permission to eat a snack. Talk to your dietitian if you feel a snack is needed for your medical safety.

**Remember, this is still your
BEST TEAM AGAINST COVID-19**



Masks



Soap & Sanitizer