

Our team at Potomac Physical Medicine is working hard to stay up-to-date on developments and CDC guidelines, and has developed a comprehensive plan to maintain the safety and well-being of our patients both in and out of clinic.

## Here is What We Are Doing

In the ongoing effort to ensure the safety of our patients, staff, and community surrounding COVID-19 (Coronavirus):

- Our staff is on hand to set up appointments. We understand that with school closures and telework, many of you have unpredictable schedules. **We are waiving our cancellation fees and working with patients to get them appointments as needed.**
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- We continue to follow our increased protocol of cleaning and sanitizing of all areas within our office, in accordance with CDC guidelines.
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- We are limiting 10 people in the office at a time.
- We are currently equipped w/ **TeleHealth** capabilities, using Cisco Webex, an extremely secure platform that which will allow us to host E-visit consultations where we can advise on activity modification, rehab exercises, lifestyle actions and overall health and wellbeing advising, all from the comfort of your home.

## Here is what you should know as a patient

- We ask that you wash your hands keeping in mind the 20 second rule upon arrival to our office.
- Please notify us or your primary care physician if you are experiencing **fever, shortness of breath, cough, or any other flu-like symptoms**, and we ask you to reschedule any non-emergent appointments.
- For patients who meet the following criteria, we recommend that treatment in our office be deferred at this time:
  - a. Patients 65 years or older or who are immunocompromised.
  - b. Immunocompromised patients
  - c. Are diabetic, have heart disease, high blood pressure
  - d. Have Asthma or other COPD