

# Covid-19 Update from the Oregon Health Authority (OHA) and Governor Brown

**The Oregon Health Authority has issued a Recommendation for the following:**

Any person 60 years and over, or who has a history of heart disease, insulin diabetes, and/or a history of chronic lung disease should remain at home and limit their exposure to community areas.

If you feel you belong to one of these at-risk groups, you are welcome to cancel or postpone your physical therapy visits.

Please notify the front desk if you would like to make one of these changes to your therapy or discuss this further with your clinician.

*(This information will be updated as the OHA and Lane County Public Health issue new recommendations. Thank you for your cooperation.)*

# Your Attention Please

**Physical Therapy Services primary goal is to protect the health and wellness of our patients and staff. Given the present situation with the Covid-19 virus, we ask that you please be aware of the following:**

\*If you have ANY signs of a fever, cough, cold or other cold or flu like symptoms we ask that you stay home and cancel your Physical Therapy appointments until you are feeling better.

\*If you are immune compromised, please let us know that you are here for your appointment and you are welcome to return to your vehicle to limit your contact with others in the waiting area.

\*Also, we are requesting that you limit having other family members come with you to your appointments, unless absolutely necessary for physical assistance and/or interpretation needs. In addition, we will be limiting non-patient access to direct patient care areas.

**We are taking additional precautionary steps to keep the office and patient care areas as clean as possible.**

-We are washing our cleaning towels twice a day.

-We are cleaning all equipment after each use, and again every evening.

-We are asking our patients to sanitize before entering the gym area or asking to wash your hands before and after using the equipment.

-We are sanitizing all surfaces on counters, doors, pens and chairs several times throughout the day.

*(Please note that these extra precautions may cause a brief delay in your appointment start time. Thank you all for your help and cooperation.)*