

At Lynott Chiropractic & Acupuncture, it is always our top priority to provide all our patients with the best experience in our office while protecting the health and safety of our patients and staff. Under the current order of the health officer as a healthcare provider we can and are remaining OPEN during this time. We are providing all services during normal business hours. Like each of you, we understand that we share a responsibility to protect our families and community, which has caused us to take a number of actions in response to the novel coronavirus (COVID-19) threat.

These changes currently include; less chairs in the waiting room for appropriate social distancing and person count per room, decreased wait time by ensuring a speedy visit, less volume scheduling, no magazines or children area toys (reduce hard surfaces for contact), doors to remain open for increased ventilation, hyper vigilant cleaning before and after patient encounters on all tables and touched surfaces, face masks for staff (to tolerance), doctor and staff temperature pre-screening daily, and monitoring of the patients themselves for signs and symptoms of illness including follow-up phone calls.

We want to remind you to call us to reschedule your appointment if you have any flu like symptoms - fever, cough, fatigue, shortness of breathe, weakness, muscle ache, etc. We will be as flexible as possible in rescheduling your appointment. We have quite a few patients within the higher risk age range where COVID-19 can become fatal if contracted. Please consider this if you are visiting businesses while having flu like signs and symptoms.

Please be assured, modern science has confirmed maintaining a well adjusted spine optimizes health and function. Furthermore, it is highly likely a majority of folks may be experiencing stress and anxiety during these times. Acupuncture treatment is highly effective at not only reducing stress levels, but increasing the quantity and quality of your sleep.

Remember to wash hands for a minimum of 20 seconds. It is also a good idea to change and wash your clothes after contact. A recent study found the virus can survive on surfaces for up to 3 days.

Through all this upheaval and confusion the gold standard remains. "Sit up straight and wash your hands!" One of my favorites will always be, "The best offense is a great defense!" This refers to getting the basics our body needs to fight off unwanted bugs... good quality sleep, good nutrition, and supplementation.

Thank you for your support and cooperation as we face this challenge together.

Sincerely,

Nate Lynott, D.C., L.Ac