



Coronavirus and Our Commitment to Patient Safety

While there have been no cases of Coronavirus (COVID-19) at our clinics, our primary concern is always the health and safety of our patients.

Frederick Sport and Spine Clinics has been adhering to the guidelines of the medical community, including the Center for Disease Control (CDC), large peer organizations, and hospital networks, to ensure we put in place the right safeguards and procedures related to the Coronavirus outbreak. As the situation evolves, you can expect further updates on our response.

Important Information for Patients:

- The single biggest factor in successful physical therapy is completing your treatment. Frederick Sport and Spine Clinics are open and continue to serve our patients!
- We are committed to ensuring our clinics are following proper protocol for sanitizing and disinfecting treatment tables, exercise equipment, waiting rooms, doors, and general areas.
- We encourage staff and patients to practice preventative measures, such as washing hands and covering coughs/sneezes, to reduce the spread of all seasonal viruses.
- We ask our patients to wash their hands upon entry to the clinic.
- We may schedule your appointment two weeks out to protect the health and safety of our other patients and staff if:
 - You have been to Level 3 destinations—China, Japan, South Korea, Italy, or Iran in the last 14 days, or knowingly been in close contact with anyone diagnosed with COVID-19.
 - You are experiencing flu-like or upper respiratory symptoms, fever, cough or shortness of breath.

Stay informed. It's important to process the considerable information we're all receiving in a balanced and thoughtful way. With that in mind, worrying or panicking in response to the overwhelming amount of information can create stress in the body, which is known to compromise immunity. Boost your immune system. Now more than ever, it's essential to prioritize our health and well-being and do all you can to boost your immune system so you're as healthy as possible, in the event you encounter this virus.

Research shows that sustaining healthy habits supports immunity and can help prepare our bodies to better fight and recover from illnesses, including COVID-19.

These include:

- Get plenty of sleep, ideally seven to eight hours a night.
- Get plenty of sunshine and supplemental vitamin D. High levels of vitamin D have long been linked to lower rates of illness.
- Consider taking additional vitamins, micronutrients, and supplements to support immunity, such as a high-quality multivitamin, magnesium, omega-3 fish oils, vitamin C, elderberry, and digestive enzymes. Probiotics and powdered greens have also been shown to support immune and gut health.
- Get at least 20 minutes of low- to moderate-intensity exercise a day to prime the immune system. This movement results in the production of more white blood cells which combat bacteria and viruses and promotes improved circulation.

Practice good hygiene. These habits include:

- Wash your hands frequently, and for at least 20 seconds, with soap and water to protect yourself and others from germs.
- Cover your mouth and nose when coughing or sneezing –preferably with a tissue that you can then discard.
- Keep your hands away from your face because germs routinely spread when a person touches something contaminated with germs and then touches his or her eyes, nose, or mouth.

Stay Informed

To help ensure you have the latest and most up-to-date information, please review the links below of other healthcare and government organizations:

Coronavirus and the Flu: www.cdc.gov/coronavirus.2019-ncov/index.html
Frequently Asked Questions about Coronavirus: www.cc.gov/coronavirus/2019-ncov/faq.html
Travel Advisory Information: travel.state.gov

Thank you! Stay healthy and keep washing those hands!
Frederick Sport and Spine Clinics PT team