

This is a hold up!

Not really! But we are wearing masks! We are doing our best-as always-to help you recover and get better, but we will now be doing so wearing masks. We adopted this policy on the CDC's recommendation as it has been found that wearing a mask can protect others from risk of catching this terrible Covid-19 virus by the one who is wearing it.

We are asking our patients to also wear masks beginning April 6th. We have masks made of cloth, or preferably you can bring your own. We have some available here at the office.

The masks are cotton and are not the '95' mask rated for health care workers. The ones we wear-and recommend-partially prevent the wearer from shedding any virus through mouth or nose droplets. It is also a good reminder to not touch our faces too much.

This is one more barrier to the spread of the virus. We are all really tired of this and will do what we can to protect you, our families and healthcare workers from contracting it.

Other measures we at Arroyo Grande Physical Therapy are taking include.

1. One patient per therapist, lasting one hour without contact with any other patients
2. Washing all surfaces between patients with disinfecting wipes
3. Washing hands 30 seconds between any encounter with patients
4. Offering gloves
5. Refusing to treat patients who have any fever, fatigue or nausea
6. Recommending holding treatments for those over 65 with health issues

Other important factors are:

1. Limiting contact, staying 6' from others-social distancing
2. Being aware of and staying away from others if you are feverish or fatigued
3. Washing hands after any contact with surfaces or objects with any possibility of contamination

We share this with you so you know that your necessary treatments will be even safer than before, and we will continue to work to improve all aspects of your health!

Sincerely,

Ross and Pachy Dover,
Owners, AGPT

