**COVID-19 (Corona Virus) Precautions**

Many of our patients have expressed concern regarding the coronavirus pandemic. In response to those concerns, we would like to offer some general guidelines to help minimize risk of exposure and spread of coronavirus.

1. Wash your hands with soap and water, making sure to get the backs of your hands, between fingers, under nails, and your thumbs. Wash for about 20 seconds, which is about the time it takes to say your alphabets.
2. Use hand sanitizer frequently.
3. Avoid shaking hands.
4. Frequently disinfect and clean door knobs, light switches, keyboards, handles, railings and other objects in your home or office that get routinely touched using a diluted bleach solution or disinfecting wipe.
5. Avoid contact with sick people. If you begin experiencing symptoms, please call our office at 303-892-6033 instead of coming to our office. We are currently asking patients with respiratory symptoms or people who have recently traveled by air or people who have been around coronavirus patients to not enter the building. We recommend people self-quarantine for 14 days if they believe they have been exposed or longer if they are symptomatic.
6. Avoid crowds and practice social distancing. Try to keep at least 6 feet between you and those around you when possible.
7. If in doubt, self-quarantine for at least 14 days if you think you may have been exposed, and longer if you are symptomatic.