

CORONAVIRUS and Our Commitment to Patient Safety

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

Golden Hills PT has been adhering to the guidelines of the medical community, including the World Health Organization (WHO), Center for Disease Control (CDC), the American Physical Therapy Association (APTA) and local public health authorities, to ensure we put in place the right safeguards and procedures related to the Coronavirus outbreak.

Important Information for Patients

- The single biggest factor in successful physical therapy is completing your treatment. We are open and will continue to serve you.
- We are committed to ensure our clinics are following proper protocol for sanitizing and disinfecting treatment tables, exercise equipment, doors, and general areas.
- We encourage all to practice preventative measures, such as washing hands, covering coughs and sneezes, to reduce the spread of all seasonal viruses.
- We ask our patients to wash their hands upon entry to Golden Hills PT.
- We may screen patients on:
 - How they're feeling, including any flu-like or upper respiratory symptoms;
 - If they or anyone in their household has traveled to a Level 2 or Level 3 destination; and
 - If they have been in close contact with anyone diagnosed with Coronavirus.

It's important to process the information we're receiving in a balanced and thoughtful way. Worrying or panicking in response to overwhelming amounts of information can create stress, which can compromise immunity. Research shows healthy habits supports immunity and can help prepare our bodies to better fight and recover from illnesses, including coronavirus. To help ensure you have the latest and most up-to-date information, please review the links below from CDC and WHO:

Coronavirus and CDC's Response:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Coronavirus and Advice for Public:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

For more information on what protocols we have in place, call us at 408-274-0888 or email us at therapy@goldenhillspt.com.