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An Update on the Current Public Health Environment

Dear Patient,

Our patients are at the core of everything we do!! In light of the Corona Virus (COVID-19) becoming an evolving and uncertain health concern, our top priority is keeping our patients and families and team safe as we continue to closely monitor the situation. The Justine Blainey Wellness Center, is closely monitoring [Centers for Disease Control \(CDC\)](#), the [Public Health Agency of Canada \(PHAC\)](#) and the [World Health Organization's \(WHO\)](#) for guidance in responding to the Coronavirus. We are also in communication with local Public Health Units, as well as government and health officials to assess this evolving situation. We encourage you to continue making decision best to protect yourself and your family from trustable sources.

We know that you have a lot of questions on your mind. You know that stress negatively impacts the nervous system and our health. So, our intention with this letter is to help alleviate some concerns you may have. We want to provide an update on the steps we continue to take to ensure the health and safety in our clinic.

Here are some of the EXTRA measures we are taking:

- Mandatory and ongoing hand washing procedures for the team throughout the day
- Alcohol-based hand sanitizer and tissues are available for all
- Increase in frequency of disinfecting all high-touched areas, including treatment tables, work stations, counters, doorknobs, Point-of-Sale system, washroom and any other surfaces with frequent contact
- Adjustment table facial paper is changed before each patient
- Sanitizing solution and paper towel available in each chiropractic room for patient sanitization (instruction provided by the healthcare provider)
- Practicing "social distancing" by team when possible, including increased spacing of our education room chairs
- Articles on Immunity and the Corona Virus (COVID-19) are available
- Encourage you to bring your own pen for paperwork
- Happy to process payments using Visa or Mastercard numbers on file, if you choose to avoid extra handling of your credit card
- If any of our team members' health status becomes a concern, the staff member will be asked to stay home from work

Our bodies possess an incredible immune system that is designed to fight germs and to learn and grow from the experience. Those most impacted by outbreaks of this kind are individuals with weak immune systems. I encourage people to stay focused on ways to boost their inner health. Eat very healthy, avoid consuming toxins, get exercise / time with nature, ensure ample rest, and get adjusted.

Our office will remain open, of course! The sole purpose of the chiropractic adjustment is to restore inner health and well-being. I want everyone to consider getting extra adjustments over the next 3-4 weeks to reduce stress.

We want to be sure that you know you should stay home if you have recently travelled to an area of concern OR if you have symptoms of the corona virus.

We have observed over the 20 years in practice, that those who are stressed get sick more often. Natural Healthcare (Chiropractic, Massage, Physiotherapy, Naturopathy, Acupuncture and Holistic Nutrition) helps to remove stress and toxins – helping your body be stronger and healthier overall! Remember prayer and meditation also help us stay calm during these challenging times! Also, it's not too late to add healthy vitamin supplements such as a Multivitamin, Vitamin D3, Vitamin C and Essential Oils to your daily health routine.

We hope this gives you confidence in the actions we are taking on your behalf. We remain committed to our patient's wellbeing and safety, and we look forward to continuing to support you and your family.

Sincerely,

Dr. Justine Blainey-Broker and Team