

# OUR OFFICE COVID TIPS

YOU MAY STAY  
IN YOUR CAR  
UNTIL YOU ARE  
UP PER REQUEST

**03**

MT can wear  
mask if requested

**01**

Please wear a mask if  
you are in a common  
area with another  
patient.

**04**

Doctor can wear  
mask during  
adjustment if  
requested

**02**

Please wash your hands  
immediately upon  
arrival.

**05**

Take immune  
support  
supplements

# WHEN TO CANCEL APPOINTMENT

**Source: World Health Organization**

**The following symptoms may appear  
2-14 days after exposure**

These symptoms are usually mild  
and begin gradually

- Fever
- Fatigue
- Shortness of breath
- Cough

**Seek medical advice if:**

- You live in the an area with an ongoing spread
- Have been in close contact with a person known to have COVID-19
- You develop symptoms