

COVID-19 PRECAUTIONS WE ARE TAKING:

- Disinfecting patient areas and high contact surfaces frequently throughout the day
- Encouraging staff that are not feeling well to stay home
- Frequent hand washing, between clients
- Standard disinfecting procedures with facial and massage equipment and tools

PRECAUTIONS YOU CAN TAKE

The CDC recommends frequent hand washing, avoiding crowded public events, and staying home to protect others if you have cough, fever, or shortness of breath.

In addition, you can boost your immune system and manage stress and anxiety over the outbreak by:

- Eating **Nutritious Foods**- use the extra time staying at home to prepare delicious, healthy meals
- **Exercise**
- Take **Immune Boosting Supplements** including Zinc, Vitamin C, Oregano Oil, and other formulas
- **Self-Care**--make time for meditation, rest, and other forms of relaxation to keep your stress level down. Avoid continuously checking the news.
- Get your **chiropractic adjustment**. Studies show that chiropractic adjustments can boost your immune system!

We are here for you.

If you have any questions about your health and are not able to come in, feel free to give us a call (818) 953-2895