



A Message to our Patients

As the coronavirus (COVID-19) situation evolves, Vining's Spine & Health Center is working constantly to understand how it affects our employees, patients, and communities as well as making the necessary adjustments to our work and operations. The safety of our patients and practice employees is of paramount importance.

You should note that we have always taken our infection control and sterilizations procedures seriously and they have always been a top priority at Vining's Spine & Health Center. As your healthcare provider, we are doing everything we can to ensure the safety of our patients, staff and visitors. As such, we are:

- Continuously educating all Practice staff as the matter develops
- Continuous Educational updates include any communication by unbiased official guidance such as the Centers for Disease Control's (CDC), World Health Organization (WHO), and Occupational Safety and Health Administration (OSHA).
- Disinfecting common surfaces inside our practice with even more frequency
- Keeping patient distancing by staggering patient appointments, having patients either wait in car or in lobby 6 feet apart until called back, adjusting using only face up techniques

Guidelines and Recommendations

As a patient, we ask that you self-screen based on CDC's recommendations:

- If you have recently traveled to areas (a Level 2 or 3 country) where there are ongoing outbreaks of COVID-19 or if you have had contact with someone who is suspected to have COVID – even if you do not have symptoms – to self-isolate for 14 days.
- If you have developed a fever with cough, shortness of breath or gastrointestinal issues within 14 days of your travel please stay home and self-quarantine for 14 days.
- As of March 16, 2020, Level 2 or 3 countries include China, Iran, Italy, South Korea, Europe, UK and Ireland

While our Practice is implementing these precautions, we will be operating on a modified schedule to continue to provide you with the best chiropractic and rehabilitation care possible!

Temporary Hours: M – Th 7:15am – 12:15pm

Have additional questions about coronavirus? Visit the CDC's [website](#).



Preventative Care

As recommended by the Centers for Disease Control and Prevention (CDC):

- Wash hands regularly
- Avoid touching your eyes, nose, and mouth
- Cough or sneeze into your elbow or use a tissue to cover your sneeze, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick
- Stay home when experiencing symptoms of illness.

As recommended by Dr. Aaron Bailey:

- **Maintaining regular chiropractic adjustments and care**
 - ***Did you know... that spinal adjustments have been shown to boost immune function?*** Adjustments serve to correct the spinal misalignments that cause neural dysfunction. Neural dysfunction stresses a body out, which may lead to a weakened immune system and lowered response to a foreign body, such as the cold virus.
- **Getting 8 hours of sleep regularly**
 - Sleep helps your body to reset and recharge, and keeps your system firing and protecting in the way that it should
- **Healthy, balanced meals and regular exercise**
- Taking a multivitamins such as vit D to boost immune support
 - Get your vitamins here at <https://abailey.metagenics.com>

Visit us anytime on our website or message us to book an appointment or if you have questions!

www.viningspinehc.com