



Dear Friends and Patients,

As the Coronavirus (COVID-19) is becoming a growing concern, we wanted to let you know about the steps that Schappell Chiropractic is taking to continue safeguarding against it. While there are currently limited to no confirmed cases in Dauphin County, we want to be proactive in our measures to minimize the spread throughout our community.

First, we strongly encourage everyone to follow the CDC's guidelines for prevention, self-quarantine, and reporting of the Coronavirus. Here are a few of the guidelines that we would like to call to your attention;

- Watch for symptoms of fever, cough and shortness of breath, and take the CDC recommended steps if you are experiencing them.
- Stay home when you are sick.
- Avoid crowds and avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Frequently clean and disinfect touched objects and surfaces using a regular household cleaning spray or wipe (this includes doorknobs, light switches, tables, desks, handles, cell phones, computers, remotes, etc.)
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol.

In addition to our regular cleaning routine, we are taking every precaution necessary to keep our staff and patients healthy. We have placed sanitizing wipes for patients use in each room, along with at entrances and exits.

Please, if you are not feeling well Reschedule your appointment!

We will continue to monitor the rapidly evolving situation and will notify patients if any additional actions will be necessary.

Thank you for your understanding in this matter.

In Health,

Schappell Chiropractic