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PENN - TRAFFORD PHYSICAL THERAPY

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To our valued patients:

Presently we are in the grips of a viral epidemic COVID-19 also known as Coronavirus. **Penn-Trafford Physical Therapy** would like to assure our present and future patients that we are taking all necessary steps to prevent the spread of germs. We are following appropriate cleaning measures and have an infectious control policy in place that we are reviewing with all staff to ensure that our clinic is meeting all medical standards.

We will continue to monitor the current information regarding the Coronavirus in our area and take appropriate measures to keep our patients and staff safe.

We would like to offer some recommendations and information about the virus to help prevent the spread.

Follow the instructions from the CDC and PA Department of Health listed below.

1. **Wash your hands often**
 - **At least 20 seconds with soap and hot water**
 - **Use hand sanitizer only if soap and water is not available**
2. **Avoid close contact**
 - **Avoid close contact with people who are sick**
 - **Keep distance between yourself and other people**
3. **Stay home if you are sick**
4. **Cover coughs and sneezes with a tissue or use the inside of your elbow (throw away used tissues). Wash your hands immediately after with soap and water**
5. **Monitor yourself for symptoms. Contact your PCP if you have symptoms and/or were exposed to someone with symptoms.**

What are the Symptoms?

- **Fever**
- **Cough**
- **Shortness of Breath**

Please feel to contact our office with any questions or concerns.

**Thank you.
Penn-Trafford Physical Therapy**

We Get Results!