

For Patients On Allergy shots and Biologic Injections

1. To practice social distancing and reduce nonessential medical visits at this critical time, we recommend spacing out your allergy shots to every 10 days until otherwise instructed
2. If you are over 65 years of age or have underlying heart disease, immune deficiency, diabetes, COPD, or uncontrolled asthma, we recommend you not come in for your allergy shot at this time. This also applies if you are taking immune suppressant medications.
3. If you are at maintenance dosing, you can come at 4-6 weeks without your dose being lowered.
4. Please minimize bringing non-patients to the office. Bring only yourself when getting your allergy shot. If you have a child getting an allergy shot, please only have one parent/guardian bring the child.
5. The pollen counts are high and we HAVE had allergy shot reactions. We still want you to wait the 30 minutes after getting your allergy shot. If you would like to wait the 30 minutes in your car **IN OUR PARKING LOT**, we may agree to on a case by case basis. Please ask the shot nurse prior to getting your allergy shot. We still want you to take a prior antihistamine and bring your epinephrine device.
6. Allergy symptoms will typically include sneezing, itching, runny nose, and asthmatic respiratory symptoms that respond to inhaler treatments, but NO FEVER.
7. If you have a temperature of 100 degrees, a dry cough, shortness of breath, or have traveled or been in close contact with someone who has traveled within the past 2 weeks, please call our office before coming in. We do not have the equipment nor the proper attire to test for the COVID-2019 Coronavirus. Please check the with the Fairfax County Health Department .
8. The best thing to do if you have mild symptoms suspicious for COVID-2019 is to self-quarantine and stay home for 14 days.
9. Any request for Letters of Medical Necessity requires careful consideration by the providers. To help cover time and costs, a \$25 Forms Fee will be charged. This will not be billed to your insurance.