



Latest COVID-19 Update from Balance WellSpace

Dear Patient,

We wanted to send you an update of our plans at Balance WellSpace as we navigate COVID-19 and its impact in our community. We believe the care received in our office will contribute to improved function and ultimately improved health for our patients – which is why we have chosen to remain open for our normal hours until told otherwise by Governor Ralph Northam.

Please be advised that we have researched the most effective universal precautions and enforce these precautions to provide a safe environment for our patients and employees. Unlike going into traditional medical practices where their focus is on helping the sick (which we are thankful for!), our focus is on taking care of the “well” population. Even so, we are sterilizing all surfaces each hour, including desktops and door- knobs. We are sterilizing all patient tables after each patient – paying particular attention to arm rests, face rests and the body of the table where patients contact. As a busy practice, we have taken additional measures to limit the number of patients in the office at one time to maximize the social distance between people. Finally, we have opened the private exam rooms to expand our chiropractic adjusting areas to ensure even more space exists between patients in our office.

It is essential to notify our office at (540) 343-0055 if you have an appointment and are experiencing any symptoms that could be COVID-19. These symptoms include fever, cough, sore throat, runny nose or difficulty breathing/catching your breath. If these symptoms are present, the highest priorities are contacting your Primary Care Provider followed by rest, hydration and quarantine.

As an Integrated Medical Practice, we would be remiss if we did not take this opportunity to share healthy tips to help support your immune system during this challenging time.

Here are a few healthy tips to follow over the next few weeks:

1. Avoid sugar, alcohol, and processed foods.
2. Cover your cough or sneeze with a tissue, then dispose of the tissue.
3. Take extra time to rest and prioritize sleep – aim for 7-9 hours each night.
4. Avoid touching your eyes, nose, and mouth – this is the most common way COVID-19 is spread.
5. Avoid large crowds and places with poor ventilation. Our Governor recommended no greater than 10 people in one place.
6. Stay home if you feel any symptoms or have been exposed. This protects you and your community.
7. Focus on daily movement 20-30 minutes.
8. Prioritize handwashing often with soap and water for twenty seconds, especially before eating.
9. Reduce your stress! Stress increases cortisol levels and leads reduced immune function.
10. Consider nutritional supplementation that supports immune function, including Vitamin D3 with K2, Vitamin C, Vitamin A (Retinol form), Zinc Acetate tablets and Restore for your gut health. Please let us know if you need help finding these online or in stores.
11. Get adjusted! An adjustment will improve your nervous system function and ultimately allow your immune system to function optimally.

As a community, we will get through this together!

Yours in Health,

Jennifer Walker, D.C., CEO/Owner
Kent Clark, D.C., Executive Director