

Hello

We at MSPT/BPHF have been staying abreast of the changing management of the Covid-19. Our priority is the health and wellbeing of our community, our patrons and our staff. Currently, Balance Point will be closed to the public, but Mt. Stuart PT will remain open. As a precautionary measure, we'd like to offer some recommendations and information about coronavirus as it relates to your care. Please read through the following FAQ and let us know if you have any questions or concerns.

Currently, we are upping our sanitation and hygiene and ask that you participate as well.

- We have placed hand sanitizer outside the building, please use prior to coming in.
- Please wash hands prior to using any equipment
- If you need to cough or sneeze, grab a tissue and use that
- Please do not come in if you have any inkling of being ill, or if you feel you may have been exposed.

Please follow our facebook page for regular healthy living tips to get you through this timeframe! https://business.facebook.com/Balance-Point-Health-Fitness-275722645794534/?business_id=227349181197778&ref=bookmarks

Please read below for information regarding Covid-19

Am I at risk? The Centers for Disease Control and Prevention (CDC) offered the [following advice](#):

- The majority of the American public is unlikely to be exposed to this virus, so generally speaking, the immediate health risk posed by COVID-19 is considered low.
- People in communities with a growing number of confirmed COVID-19 cases are at an elevated—though still relatively low—risk of exposure.
- Like other viruses, COVID-19 cannot target people from specific populations, ethnicities, or racial backgrounds; exposure to the disease itself is the greatest risk factor associated with contracting it.

What are the symptoms?

Symptoms of coronavirus include:

- Fever
- Coughing
- Shortness of breath

If you are experiencing any of these symptoms, we ask that you contact your primary care physician for further advice. In the meantime, as a courtesy to your therapist, our clinic staff, and your fellow patients, please do not come into the clinic at this time. Instead, please contact us to reschedule your future appointments—even if it's last-minute—by calling {{YOUR CLINIC PHONE NUMBER}}.

I'm only feeling a little sick. What should I do?

While it may be tempting to come in for your treatment if you "just have a cough," we do ask that you reschedule your appointment if you are feeling at all sick. In the meantime (and if your strength allows), continue with your prescribed home exercise program, and reach out to your therapist via phone or in-app messaging if you have any questions.

For a helpful set of recommendations on how to keep yourself and others protected from COVID-19 and other respiratory diseases year-round, [follow this link](#).

We appreciate your willingness to help us with this matter.

Wishing you good health,

The Mt. Stuart PT/Balance Point Health and Fitness Team