



Dear Valued Patients,

We value you as a patient of Merrimack Valley Physical Therapy, and we appreciate the trust you place in us to help you get well and back to moving again.

With the recent outbreak of Influenza A and B, and the risk of the COVID-19 (coronavirus) spreading into our region, it is important that we take necessary precautions to help prevent transmission and limit exposure of these in our communities. You can get the latest information and facts about the coronavirus including: prevention, travel tips, and frequently asked questions by clicking [HERE](#).

While efforts to contain Influenza and COVID-19 continue to evolve, Merrimack Valley Physical Therapy is taking the following steps to reduce transmission:

1. Cleaning and disinfecting: Treatment tables, counters, railings, and equipment will be wiped down with approved virus killing products after use and throughout the day.
2. Alcohol based sanitizer and wipes have been placed in the clinics for patient and employee use
3. Rescheduling appointments: Patients that have fever, excessive coughing, and illness will be asked to reschedule their appointment. Merrimack Valley Physical Therapy will waive the cancellation fee in these scenarios.
4. Educating our employees and patients on the facts of COVID-19 and staying in lockstep with the experts on ways to help prevent transmission.

Here are some steps that you can follow to help stay healthy:

- Wash your hands often with soap and warm water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Clean frequently touched items (doorknobs, countertops, keyboard, phones, etc.)
- Cover your cough and sneezes with your arm
- Boost Your Immune System
 - Get Adequate Sleep – make it a priority (Adults 7-9 hours; Children need more).
 - Drink Plenty of Water – staying hydrated helps to flush toxins from your body.
 - Maintain a Healthy Diet – easily digestible foods don't sap energy that could be used to fight infections.
 - Minimize Stress – stress increases cortisol that lowers your immunity. Try meditation, mini-breaks.
 - Moderate Exercise – helps to decrease cortisol levels and increases immunity.
 - Limit Alcohol Intake and Don't Smoke

If you experience the following symptoms: fever, coughing, or shortness of breath, or if you or a loved one has traveled to a country with confirmed COVID-19 cases, especially China or Italy, then please notify our scheduling staff.

The safety and wellbeing of our patients and employees is our highest priority. If you have any questions or concerns, then please call us to speak to the clinic manager.

Very truly yours,

Kevin Pozzi, PT

Managing Partner | Merrimack Valley Physical Therapy