

Performance Medicine Statement on COVID 19 Procedures

During this unprecedented time, we remain committed to serving you in the safest manner possible

- **If you are sick, please do not come to the office.**

(If you are a Primary Care Patient of Dr. Bolin, call and arrange for a telemedicine visit to determine your risk and to get appropriate instruction)

If you have travelled in the previous 2 weeks, you will be asked to avoid coming into the office until you have had a negative test or have quarantined.

On arriving to the office, you are required by the **Governor of the Commonwealth of Virginia to wear a mask at all times**. If you are unwilling to wear a mask, we will be unable to see you and will gladly reschedule you following the conclusion of the pandemic

You will be asked screening questions and have your temperature taken.

You will be asked to fill out paperwork and wait in your transportation outside of the waiting room until a room is available for you. The staff will call you and after you have been screened, you will escorted to your room.

- **If you have been exposed to or tested + for COVID, please alert the staff when calling for an appointment.**

The newest guidelines (7/22/2020) from the Virginia Department of Health recommends a symptom-based strategy. It is **NOT** recommended that you be re-tested during the first 3 months following a + test and symptom onset. Once you have been a febrile without the use of Tylenol or medications such as ibuprofen or naproxyn, it is considered **SAFE** for you to discontinue isolation.

“This update incorporates recent evidence to inform the duration of isolation and precautions recommended to prevent transmission of SARS-CoV-2 to others, while limiting unnecessary prolonged isolation and unnecessary use of laboratory testing resources. Information about persistently positive patients and possible re-infection are also presented; to date, there have been no confirmed cases of reinfection.”

Between each patient contact, our staff disinfects all room surfaces and equipment to minimize spread of infection. It is our intent to minimize risk to patients and staff by minimizing interaction, using masks and good hygiene practices until the threat from COVID-19 is neutralized. We appreciate you doing your part to keep yourself and us, safe.