

March 16, 2020

Dear Hope patients, family and friends,

***We are open regular business hours to continue to provide care for our patients.***

With the spread of COVID-19, popularly known as the coronavirus, dominating the headlines, we are asking our staff and clients to take precautions to keep yourself and others safe. At Hope Physical Therapy and Aquatics, we take the health of our patients, guests, and our staff very seriously. We want this to continue to be a safe and healthy place as we live out our mission of “helping people.”

We believe that the best weapon against the spread of viruses is prevention and want to share the following information with you.

At HOPE Physical Therapy and Aquatics:

- A professional cleaning company regularly cleans and disinfects our facilities.
- We personally sanitize equipment and shared surfaces through out the day.
- We treat with manual therapy and if for any reason you would prefer to eliminate or minimize physical contact please make your therapist aware. We can modify treatment.
- Of course, if you become sick, or if someone in your family becomes sick, please stay home, eat well, take vitamins and get the rest you need to recover, and consult your physician if you have any questions or concerns about the illness.

While the CDC has indicated that the threat level is currently LOW, (resource directly from CDC website) we decided it was important to communicate our current health and safety practices.

Galveston County Public Health and the CDC recommend the following actions to guard against spreading this, or any virus:

- Avoid close contact with people who are *sick*.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 60 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

While we cannot control the virus or the fear it has in our community, we are following guidelines and policies to KEEP our clinic safe and clean for us to continue to provide the care that our community needs. We appreciate your cooperation and commitment in helping us do just that. While the uncertainty of this outbreak is creating anxiety in our workplaces, schools, and day-to-day activities, we are committed to helping educate people and promote healthy lifestyles.

Christiana Emrich, MS, PT  
Owner, President