

WASHINGTON  
Homeopathic  
Clinic

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Re: Coronavirus (COVID-19)

To our patients and families,

We wanted to reach out to you to stay in touch regarding the current situation with the Coronavirus (COVID-19) outbreak.

When you need medical care or advice, please call us or another healthcare facility that can provide diagnosis and treatment. If you or a family member develops symptoms, it is important that you be monitored and treated to reduce the severity and duration of the disease and its aftereffects. We have confidence that in most cases, recovery is possible with homeopathic treatment, especially given the long history of effective treatment in similar illnesses.

The primary symptoms of COVID-19 are fever, dry cough, and shortness of breath. Other potential symptoms may be a runny nose, headache, sore throat, or generally feeling unwell. If you have any of these symptoms, to prevent risk of infectious spread, **we ask you not to come in to our clinics, and instead call us to schedule a phone, video call/telemedicine, or home visits as necessary.** Under the present circumstances, the costs for phone and video appointments are insurance billable, but as with all office visits, each patient is responsible for the cost of their care if their insurer denies payment.

**Do not just drop in to the clinic if you have symptoms, instead please call us to set up an appointment.**

In addition, many of you are grappling with uncertainty and reactions to the rapid and unexpected changes happening around you. Please consider allowing us to use homeopathy to help you navigate emotions such as anxiety, depression, frustration, and others.

For patients seeking a lab diagnosis, we are in the process of receiving our first COVID-19 nasopharyngeal test kits. Because of containment limitations at our clinics, we will in most cases need to administer these tests during home visits. We will communicate again with you in the coming days as soon as these tests are available to us.

Most importantly, please remember to practice healthy hygiene habits:

- Regularly wash your hands with soap and water for 30 seconds – including under the nails.
- Avoid touching your eyes, nose, and mouth.
- Wipe down frequently-touched surfaces such as faucets, door handles, and counters every day. Please know that the staff in our suite are regularly sanitizing the office – especially high traffic areas like doorknobs, chairs, pens, counters, etc. Keeping our patients and staff healthy and safe is our #1 priority.
  - The virus appears to be able to survive on uncleaned surfaces for up to a week. Chlorine, hydrogen peroxide, and alcohol-based hand sanitizing wipes can mitigate the virus significantly.
- Cough into your elbow, or into a tissue and dispose of the tissue immediately.

To keep your immune system strong, please:

- Eat balanced, nutritious meals
- Drink plenty of liquids.
- Limit your intake of caffeine, alcohol, and sugar.
- Get plenty of sleep
- Get exercise
- Relax, meditate, slow down

As usual, please call (425-881-8929) or email our office if you have questions or concerns.

Stay safe and healthy,

Dr. Michael Baker

Dr. Ryan Robbins

Wendy Jones