



NEW ENGLAND  
INTEGRATIVE  
MEDICINE

## COVID-19 POLICY & GUIDELINES

Reference: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

We ask our patients and staff to inform our office if you have experienced any of the following symptoms, particularly within 2 weeks of your scheduled appointment:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nos

If you suspect exposure or infection, we ask that you follow guidelines according to the CDC, including testing and quarantine/isolation if appropriate.

It is best to get tested 3-5 days from symptom onset and/or exposure to get most accurate test results.

If you test positive for Covid-19, please let our office know, especially if you have an upcoming appointment. If you have an upcoming appointment, depending on how you feel, you can change your appointment to a Telehealth appointment (via video or phone).

If you have traveled internationally and have not received a Covid-19 test, we ask that you wait two weeks before you come into our office for your appointment.

Our office still requires wearing a mask, especially when in the hallway and in our waiting room.