

To our valued clients,

A further update to the unfolding saga that is the coronavirus:

CLINIC POLICY CONTINUED:

Our clinic remains open at present and is continuing to employ strict measures, above and beyond, what is required by recent government recommendations.

- Hourly sanitization of all common areas by our staff.
- 'Clinic wide' hand sanitisation stations
- All treatment equipment is wiped with isopropyl alcohol after every patient.
- The clinic has always been professionally cleaned, but our cleaners have recently undertaken further training 'Sanitisation in an Outbreak' and have now switched to stronger disinfectant solutions that have been tested and proven very effective in killing COVID-19.
- The waiting room (already fitted with air filters to remove 99.9% virus and bacteria particles) has been reconfigured to accommodate the new 4 sqm government policy.
- Appointment times have been staggered to minimise numbers in the waiting room.
- Where appropriate, doors have been propped open to minimise communal touch.

We are extremely mindful that we serve many patients that may be considered 'at risk' for complications from COVID-19 exposure and you can be assured we are taking every possible measure to ensure patient and staff welfare – OUR STAFF AND PATIENT'S WELFARE IS, AND ALWAYS WILL BE, OUR TOP PRIORITY.

BE PREPARED:

To quote Dr Robert Mellilo, ***"When it comes to any virus it is all about your HEALTH. There is no medication, antibiotics don't work, so your only defence is YOUR OWN IMMUNE SYSTEM."***

As of last night chiropractic, physiotherapy, podiatry, occupational therapy and remedial massage are still considered an **Essential Service** and as a clinic we are still very much open for business. We are acutely aware of both the economic and the health challenges that lie ahead for all of our community. Our role in this crisis is to ensure the ongoing health of you and your family so that it reduces the strain on our medical system that is deeply concerned about being overloaded. Over the coming days we as a clinic will endeavour to implement strategies to accommodate those hit hardest financially so that their ongoing health care can remain viable. The constantly evolving events of the last couple of weeks makes predicting how this continues to unfold virtually impossible, BUT if you are considering an appointment with us, or indeed have an appointment, and are considering ***bringing it forward, we encourage you to do so.***

Please continue to ***prioritise your health and that of your family – a finely tuned, well-functioning body is the key!*** If you have any concerns or queries on how you may be able to improve your immunity, we would be only too happy to address them.

We continue to stock immune boosting supplements and in addition our resident superstar naturopath, Jodi has offered her services for short consults (by phone or Skype if necessary) to prescribe individually tailored and compounded immune boosting solutions.

STAY GROUNDED:

As concerning as some of the statistics are coming out of certain countries, consideration should be given to our geographical isolation and relatively sparse urban communities (we tend not to live on top of each other as in Europe). Combine this with our Southern Hemisphere 'end of summer' Vitamin D levels (brilliant for immune function) and that should give us significant optimism for the challenges that seem to lie ahead.

OUR COMMUNITY:

We would also like to recognise the compassion and patience demonstrated by our practice community. In what has been uncertain times we have been moved to hear of clients giving away food and toiletries to strangers and would love to encourage these practises. It would seem that our most vulnerable socially, may also be many of our most vulnerable from a health perspective.

“Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of civilisation is the way that it cares for its helpless members.”

Pearl Buck – Recipient of Nobel Prize for literature and Pulitzer Prize Winner

PLEASE SHARE:

With the disturbing footage of a very frightened population doing crazy things in supermarkets it would be nice to see this get some airtime as well, but alas it appears kindness and empathy do not sell papers or advertising space. Please go to our Facebook page and write stories of good things that you have done or witnessed. Any good “G” rated jokes would also be appreciated. There are no prizes, simply an altruistic motive to give our SHP family and the wider community a chance to pause and smile, after all, ***laughter is the best medicine!***

In Health

The Team at Stirling Health Professionals