

COVID-19 (2019 Novel Coronavirus) Update

March 19, 2020

Our company has been monitoring developments with COVID-19 (2019 Novel Coronavirus). When responding to an infectious disease, our company closely follows the recommendations made by our state and county health department. We also monitor and follow guidance from the Centers for Disease Control and Prevention.

What Lott Physical Therapy & Fitness Center is doing:

- Monitoring the temperature and overall health of all employees and patients daily
- Cleaning all therapy tables and equipment and other surfaces immediately after each use
- Providing the option of private treatment areas for 1-on-1 patient appointments
- Providing proper handwashing technique and supplies for employees and patients/members
- Providing readily available hand sanitizer for members and patients
- Requiring patients to remove appointments if feeling ill
- Asking employees not to come to work if feeling ill and obtaining professional clearance to return to work
- Not allowing employees to work for a designated period of time if they must travel to areas affected by the virus
- Daily deep cleaning by professional cleaning staff with industrial cleaning solutions effective against coronavirus

We are currently set up to provide telehealth visits and are working with insurances regarding reimbursement and will consider home visit option if the environment is considered safe for our employees

What I can do to stay healthy:

We encourage everyone who utilizes our facilities to clean equipment with our coronavirus-approved spray cleaner and laundered cloths before and after use.

We provide easy access to all of the necessary products to our members for personal use and participate as a team in keeping a clean and healthy exercise environment.

As of today, our physical therapy clinics remain open for patients and our fitness centers will remain operational 24/7.

Group exercise classes will follow the local K-12 school closure schedules.

Remember, exercise is important for a healthy immune system, so don't stop – no matter how you decide to exercise during this period of time.

You should know that the company will continue to monitor this situation. Our first priority is the safety and health of everyone. We will update employees and patients/members with any new information that becomes available. Please do not hesitate to contact us with any questions.

Sincerely,

Dr. David and Lisa Lott, and the Lott Team

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What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues
(then wash hands)



If you don't have a tissue
use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell