



***Dear Hall Chiropractic Family,  
Our office is OPEN!***

*We are here to serve you, especially in challenging times. Our number one priority is your health and keeping those around you healthy too. Here are some things that we are focusing on at Hall Chiropractic to stay healthy.*

***1. We are cleaning everything!***

*Our office is thoroughly cleaned every week regularly and as we keep our tables cleaned throughout the day, we are being even more diligent sanitizing surfaces and adjusting tables after every patient. Every hour, Karla is sanitizing door handles, chairs, and other surfaces to prevent spread of any viruses. And of course, we are diligently washing our hands or using hand sanitizer after each patient as well. Again, your safety is our number one priority.*

***2. Coronavirus is respiratory***

*It is spread largely by people touching surfaces with the virus, getting it on their hands, and then touching their faces. That's why frequently washing your hands is effective at preventing spread and infection of the virus. Another very effective thing you can do is rinsing your sinuses with saline, since our sinuses are one of the main entry points of the virus. All these precautions help with preventing flu and cold viruses also.*

***3. We are practicing social distancing***

*There are rarely more than 10 people in our office at any given time in normal circumstances because of how our patients are scheduled, but in these times where it is important to practice social distancing, we are doing everything we can to make sure that there is plenty of room between everyone.*

***4. Boost your immune system!***

*We want to give our bodies every chance to prevent or fight off any virus, including the coronavirus that we come in contact with. Getting adjusted is a huge part of that! I also recommend daily immune boosting supplements like vitamin C, Vitamin D, and glutathione. And of course, if you are sick, please stay home until you are well.*

*We are here to support you in health! We are not taking this lightly and will continue to be open unless we are forced to close, in which case, we will notify you. It is our job as a society to take care of one another and our job as a healthcare office to take care of our patients. This will pass, but in*

# Hall Chiropractic



Esther Hall, D.C.

*the meantime, be diligent, be confident in your body's ability to fight infection, and support your immune system in effective, healthy ways.*

*Stay Healthy,*  
**Dr. Hall**