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Dear ESO Ohana,

There's been so much in the news lately about the Coronavirus (COVID-19) and it's recent effects on our population, economy and our lifestyle. Please be assured as part of our mission that we are doing everything we can to protect our patients, our fellow TEAM members and anyone who enters our facility.

As is the case everyday we come to work, we insure a clean working environment, one that takes all precautions to disinfect surfaces, equipment and machines. As for communicable disease as we have now and in every flu season (yearly between the months of October and May), we institute common sense safeguards to protect our entire ESO Ohana. Some of these behaviors we instill in our TEAM members already follow guidelines of public health directorates such as OSHA (Occupational safety and health administration) and CDC (Center for disease control). We have posted the recent guidelines from the CDC all over our clinic.

Be assured that we have supplies, materials and resources to accomplish these safe practices.

Influenza is something we cannot stop. There is no known cure. As with most flu viruses, they generally run their course and subside. In order to persevere, general practices of staying healthy (diet, medications, exercise, etc.) should be prioritized. Pay attention to your well being. If you are experiencing cold-like symptoms, limit your contact with others by staying home and taking care of yourself to help your body to recover.

As one of our valued patient Ohana, please feel free to reschedule your appointments without penalty if you feel a cold coming-on. This is a common sense approach that you or I would employ during times where flu-season is in full bloom.

If you have any questions regarding steps we take to ensure safety and protection of during this flu season, please feel free to call us...we are here for you!

Aloha,

Reid P. Elam, PhD, DPT, ATC, CSCS
CEO/Director & Co-Founder

Life's a Sport...Play it!

COVID-19 Update from Elam Sports O'ahu

If you've been watching the news, you're probably already aware that the number of confirmed cases of coronavirus (COVID-19) in the United States is growing. As a precautionary measure, we'd like to offer some recommendations and information about coronavirus as it relates to your care. Please read through the following FAQ and let us know if you have any questions or concerns.

Am I at Risk?

The Centers for Disease Control and Prevention (CDC) offered the following advice:

- The majority of the American public is unlikely to be exposed to this virus, so generally speaking, the immediate health risk posed by COVID-19 is considered low.
- People in communities with a growing number of confirmed COVID-19 cases are at an elevated—though still relatively low—risk of exposure.
- Like other viruses, COVID-19 cannot target people from specific populations, ethnicities, or racial backgrounds; exposure to the disease itself is the greatest risk factor associated with contracting it.

What are the symptoms?

Symptoms of coronavirus include:

- Fever
- Coughing
- Shortness of breath

If you are experiencing any of these symptoms, we ask that you contact your primary care physician for further advice. In the meantime, as a courtesy to your therapist, our clinic staff, and your fellow patients, please do not come into the clinic at this time. Instead, please contact us to reschedule your future appointments—even if it's last-minute—by calling **674-9595**.

I'm only feeling a little sick. What should I do?

While it may be tempting to come in for your treatment if you "just have a cough," we do ask that you reschedule your appointment if you are feeling at all sick. In the meantime (and if your strength allows), continue with your prescribed home exercise program, and reach out to your therapist via phone or in-app messaging if you have any questions.

For a helpful set of recommendations on how to keep yourself and others protected from COVID-19 and other respiratory diseases year-round, follow the link below.

We appreciate your willingness to help us with this matter.

Wishing you good health,

The Elam Sports O'ahu 'ohana