



## Our Response to the COVID-19 Pandemic

### Immune-Supporting Dietary and Lifestyle Recommendations

**As a service to our patients and our community**, we are providing and updating general immune-supporting information regarding dietary and lifestyle modification, and supplementation, in the [Special Resources 2020](#) page on our website.

Due to the novelty of COVID-19, very little peer-reviewed research has yet been published regarding the effectiveness of dietary or lifestyle interventions for its prevention or treatment. Much of what we know is extrapolated from research on other viral infections affecting the respiratory tract. None of the immune-supporting recommendations we offer at this time are intended to offer a specific cure or specific prevention of COVID-19, nor should they supersede recommendations from the CDC or other local, state, or federal public health authorities. If you have signs of illness (sustained fever over 100 degrees F, sore throat, and/or dry cough), contact your primary care provider. Social distancing and hand-washing remain the most important modes of prevention.

### Nutritional Supplements – Availability and Safety during COVID-19

[Click Here for Ordering Options](#)

#### Temporary Office Closure

In response to the rising threat of COVID-19 and the urgent need for social distancing, we closed our practice to in-office care on March 15, 2020, while still offering Telehealth consultations (to new and current patients) and nutritional supplements for outside pre-ordered pick-up or mail order.

#### State of Oregon Mandates

On March 20, Oregon Governor Kate Brown ordered the immediate suspension of all non-urgent health care requiring personal protective equipment, to free up supplies of this equipment for medical personnel on the front lines of COVID-19 treatment. On March 23, Governor Brown issued stay-at-home orders for non-essential trips.

#### Potential Office Re-opening

We intend to re-open our practice to in-office care when it is widely considered safe to do so, and when the following criteria are met:

- State and federal recommendations and orders for stay-at-home and restricted travel are lifted.
- We are at least 30 days past the peak of new cases in Oregon.
- Personal protective gear (including facemasks and gloves) are in robust supply, and it is legal and responsible for us to use them in our office to protect our patients and ourselves.

Because COVID-19 is likely to be with us for over a year before a vaccine or medical treatments are developed, we will have **multiple safeguards** in place when we re-open to in-office care. Thank you, in advance, for your patience.