



In light of the recent COVID-19 Coronavirus outbreaks, 2B Well has been working with intention to create a plan to monitor and handle this situation. The health and safety of everyone that enters our doors is our top priority. With confirmed cases now in Greene County, we wanted to communicate with you exactly how we plan to mitigate the risk of the Coronavirus at our center.

At this time, the health of our staff and our clients is our biggest concern.

We have advised providers and staff to take the same health precautions recommended by the CDC, to wash their hands often with warm water and soap, not touch their faces, stay home if they are symptomatic or had an exposure to the virus, and notify 2B Well if they become sick.

Our center and individual offices will continue to be thoroughly cleaned regularly, and we are moving to utilize hospital-grade disinfectant as recommended by the CDC specifically for the coronavirus. We will begin to wipe down high traffic areas with disinfectant throughout the day.

At this time, our front desk hours will remain the same and most of our providers will continue to see clients.

Our center remains open, however please check back for updates from 2B Well and your individual providers. Providers and staff who are symptomatic or at high risk of spreading the disease will be asked to stay home.

With that being said, here are a few things to note:

- Because it is very difficult to keep the class props sanitary according to the CDC recommendations, **Relax & Restore classes will be canceled for the next 2 weeks, March 17 - March 25, 2020.** We will re-evaluate from there. All 8 class pass expiration dates will be extended by 2 weeks.
- **Phone and video appointments are available and encouraged for some services**, such as coaching, counseling, and naturopathic visits with Katrina Bogdon, ND. Please let your provider know if you would like to take advantage of this option.
- In compliance with CDC recommendations, **we will be using bleach-based cleaners to disinfect our center.** For clients with chemical sensitivities, please contact your provider if you have concerns or would prefer to reschedule your appointment or change to a phone appointment if available.
- If you have any questions or concerns regarding your appointment, **please reach out to the 2B Well front desk during front desk hours or your individual provider outside of front desk hours.** For provider contact information and front desk hours, please visit our website at www.2bwellspringfield.com

Please take caution and reschedule your appointment or move it remotely if:

- You are experiencing or have experienced any of the symptoms associated with COVID-19 Coronavirus (fever, cough, **and/or** shortness of breath) in the last two weeks. Please note that a fever does not appear in all cases.
- You have been exposed to a known case of coronavirus.



- You have traveled to a country or county with a recent coronavirus outbreak, according to the CDC reports. We are currently at a Level 2 Travel Health Notice. If you have travelled in the past 14 days, please read more here--
<https://wwwnc.cdc.gov/travel/notices/alert/coronavirus-global>
- If you are in a higher risk group (i.e. you are a community elder, immunocompromised, or if you have a serious health condition such as heart disease, kidney disease, lung disease, diabetes, etc.)

We need your help...

If you become diagnosed with the coronavirus within two weeks of visiting the center, please contact your provider and let them know as soon as possible. While we are using disinfection measures in our business, this knowledge is crucial to help us take measures to limit potential further spread.

The following are resources for you as you care for yourself and your loved ones during this time:

- [CDC Information on COVID-19](#)
- [Care for your Coronavirus Anxiety](#)

Wishing you and your loved ones safety as well as physical, mental, and spiritual health during this time!

Sincerely,
Providers and Staff at 2B Well
www.2bwellspringfield.com
417-883-5180