

## ACUPUNCTURE AND HERB CLINIC TEMPORARY CLOSURE DURING COVID-19

Out of an abundance of caution we are closing the clinic from March 17th until May 11th, and reopen on Tuesday May 12th, 2020, unless otherwise notice.

We've debated this all week and carefully considered the options to help keep us all safe. In the end we have decided to temporarily close the clinic to insure that we help with the principal of social distancing to slow the spread of the Corona Virus. Acupuncturists all around the country have been debating and conferring and many are going to close for at least 2 weeks while we wait to see how the spread of the virus affects the country.

As you may have read, the Corona Virus (Covid-19) can be carried with no symptoms for many days. Symptoms are primarily fever, dry cough, sore throat and shortness of breath. Many people, perhaps most, will have only a mild case. The danger lies in passing the virus unknowingly to the elderly population, as well as to people who are immuno-compromised, smokers, asthmatics, etc. Serious complications of Covid-19 include pneumonia, permanent lung damage, and death.

Should you display symptoms of coronavirus, including fever, dry cough, sore throat or difficulty breathing, it is essential that you seek immediate medical attention to receive a proper diagnose and treatment.

By minimizing contact with each other we are minimizing and slowing the spread of the virus and helping to keep our hospital system from being suddenly overwhelmed with serious cases as we have seen in Italy. The US is not prepared with testing or adequate numbers of hospital beds per-capita to handle sudden influxes of serious cases, so it is up to all of us to take measures to help each other out, especially the most vulnerable among us.

The virus can last 2-3 days on metal surfaces and up to 3 hours in the air. Simply talking can spread the virus. Coughing and sneezing can project it up to 20 feet from the host. Washing hands whenever you touch things while out in public and even at home is imperative to help stop the spread of the virus.

Combine these facts with the uncertainty of who does or does not have the virus and it is no wonder why events, travel, sports, schools, towns, counties, etc are closing down for an interim period.

We take your health and well being seriously, and are making the economically difficult decision to close our clinic until we have a better understanding of what needs to be done to safeguard each of us and to help contribute to the best possible outcome for our community.

Please feel free to contact us should you have question.

Phone: 703 430 7058

Mobile: 703 297 5993

email: [herbandacupuncture@yahoo.com](mailto:herbandacupuncture@yahoo.com)

web: [www.acutoday.com](http://www.acutoday.com)

Thank you for your supports, and understanding.

Tuan Anh Nguyen, Ph.D., L.Ac.      Thuc Dan Nguyen, Ph.D., L.Ac.