



Advanced Back & Wellness Center is open for care on a case-by-case basis during limited hours. We will be open from 9-12 and 3-6 M-W-F by appointment beginning March 27, 2020.

Our office is following CDC & CT DPH guidelines for patient safety, including the use of PPE. The health of our patients is our first priority.

As a licensed health care facility, considered an “essential business” at this time, we are closely monitoring recommendations and imperatives from the CDC and local authorities. Additional disinfection measures have been taken so that you can confidently come in and receive care, i.e. the office has been electrostatically cleaned by Service Master with an anti-viral cleaning solution.

Of course, if you have had fever, coughing, or difficulty breathing, or any other flu-like symptoms, stay home and contact your primary care physician. Additionally, if you have recently traveled out of the country you will need to contact your primary care doctor and our office will reschedule your appointment.

Telemedicine is also viable option at this time. Many concerns can be addressed by telephone and those sessions are covered by Blue Cross Blue Shield and other insurance programs. (Please check with your insurance company for specifics.)

During this period, it's also critical to sustain good self-care habits. Exercise, good nutrition, staying hydrated, and a good night's sleep are the key components to maintaining and developing a hearty immune system. Be diligent in these efforts to best protect yourself.

Here are links to the CDC's recommendations for you to follow at home:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Again, we are here to assist you in any way we can. Feel free to contact us with any questions or concerns. We will be sharing additional information with you in the days and weeks ahead. In the meantime, we remain hopeful and pray that you all are able to find moments of peace and joy in the midst of the challenge.

Sincerely,
Dr. Debra A. Burns
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