

The naturopathic doctors and staff at the Centre for Natural Medicine are committed to supporting your health and wellness today and every day. Our office continues to operate during our regular office hours, and we are continuing to assist patients with all health concerns. To assist in limiting the spread of COVID-19 in Manitoba we are temporarily adjusting our office policies. These policies are intended to minimize any potential risks for our patients while also minimizing the disruption to your health care and treatment plan.

Here's what you need to know if you are attending the office for any reason:

1. **We are pre-screening our patients** the day before any office visit. If you are attending appointments more than once a week, you will still be screened every time. We appreciate your patience as we do our best to protect those most vulnerable in our community.

2. **We are continuing to provide care via telephone** (or telemedicine) appointment for any patients who do not need to be physically present for treatment. In-person office visits will be reserved for procedures and direct therapies only. In-person appointments will be available for patients who have been screened for the following:

- symptoms such as fever, shortness of breath, cough, or sore throat
- international travel in the last 14 days (self-isolating)
- prolonged contact to anyone who has traveled internationally in the last 14 days
- any known contact with someone diagnosed with COVID-19

3. **Product Refills:**

- If any of the above criteria apply to you, we are happy to arrange to have any products that you need **delivered directly to you**. Same or next day courier fee within the city limits is approximately \$16. This is also an option for patients who are simply more comfortable with having their items delivered.

-If you do not meet any of the criteria listed above and prefer to pick up your products at the office, **please call to arrange a pick up**. Credit card transactions will be made over the phone in advance and we will meet you at the door with your package. Simply call when you arrive (204-488-6528).

We are working hard to ensure the safety of our in-office visitors by increasing disinfecting/cleaning, providing hand sanitizer, reducing our waiting room use, and temporarily removing our water and tea station. Help us keep you and others safe by making sure you wash your hands upon arrival, use good cough and sneeze hygiene, and maintain safe interpersonal distances. We look forward to continuing to support your needs!

Warm Regards,

From the staff and doctors at The Centre for Natural Medicine, Inc.