

Tampabay20/20.com and Dr. Weber's COVID-19 recommendations.

We are closely monitoring the COVID-19 situation, keeping our patients and staff healthy and safe is our top priority. Our office is open as we take preventative measures as outlined by the World Health Organization (WHO) and the Center for Disease Control (CDC).

General Recommendations:

- Wash your hands frequently with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- If you feel sick at all with fever, cough, runny nose, or sore throat, or have recently traveled to any of the regions experiencing a high risk of the virus, we ask you to please stay home & refrain from coming into the office until you are symptom free for at least 48 hours.

How we are taking action at Dr. Weber's office:

- We are thoroughly and continuously cleaning and disinfecting the entire office, including surfaces and door handles.
- We have plenty of disinfectant wipes throughout the office, which we encourage you to use.
- As always, we thoroughly sanitize and clean all instruments and equipment used in the office.

Overall....Please take care of yourself and your immune system by getting plenty of sleep, regular exercise, eating nourishing foods, and keeping your stress levels low.