

Rocky Mountain Allergy at Tanner Clinic

As an effort to decrease your risk of infection and reduce the chance of the spread of COVID-19, we are making the following recommendations to your allergy shot classes:

Precautions:

1. **Self-isolation:** Come to your appointment more than one hour before leaving your location 2 weeks.
2. **Masking and gloves:**
 1. Don't leave unmasked in the last 2 weeks. Also do not come in for another 2 weeks.
 2. Don't leave unmasked in the 2 weeks. Then come in and get a shot and then do not come back for another 2 weeks.

Shot clinic hours will resume **7:00am and 10:00am Monday through Friday** in the other 2 shot appointments.

Once the guidelines are updated we will update you how to get help if you don't understand. If you are not well from cough, sore throat, shortness of breath, or any other symptoms described by the CDC, please do not come into clinic. If you have traveled to areas of risk or been possibly exposed, please do not come into clinic.

We appreciate everyone understanding and using common sense. The best thing would be to stop in person and coming to a clinic and then having to wait there in a room filled with people. It is only about an hour or so for the 2 weeks and then everyone is healthy as possible. It is important that we all do our part so that we can reduce infection rates overall as soon as possible.

Thank you,

Rocky Mountain Allergy at Tanner Clinic staff