

# Rocky Mountain Allergy at Tanner Clinic

In an effort to do our part and reduce risk and flatten the curve of the spread of COVID-19, we are making the following temporary changes to your allergy shot schedule:

If you are in:

- *Build-up phase:* Come in and get one more shot and then hold off coming in for another 4 weeks.
- *Maintenance phase:*
  - And have received a shot in the last 2 weeks, then do not come in for another 4 weeks.
  - And have not had a shot in 3-4 weeks, then come in and get a shot and then do not come back for another 4 weeks.

**Shot clinic hours** will be between **7:30am and 10:30am Monday through Friday** until further notice so please plan accordingly.

Once this passes, we will figure out how to best adjust your shot schedule. If you are sick with fever, 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 your patience. The last thing people want to be doing is unnecessarily coming to a clinic and then having to wait there in a room filled with people. It is ok to relax and put things on pause for a few weeks and keep everyone as healthy as possible. It is important that we all do our part so that we can resume activities more normally as soon as possible.

Kind regards,

Rocky Mountain Allergy at Tanner Clinic staff