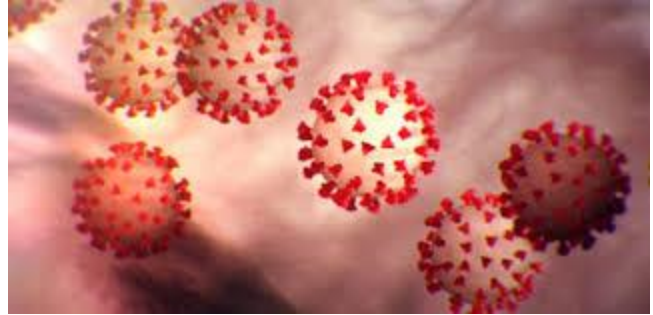


COVID19 Update

At the time of this writing, the COVID19 pandemic has claimed over 400,000 lives globally and affected over 7 million people worldwide. New cases continue to increase in many states; however, it is difficult to determine how much of this is due to increased testing versus increase in spread of the virus.



According to many sources, Arizona is near the top of the list when it comes to new cases. According to the Arizona Department of Health Service, daily new cases in the state topped 1,000 for the first time on June 1, rising to 1,168 the next day. On June 22, Arizona reported 2700 new cases. Such spikes become especially concerning if the influx of patients begins to stretch the health and hospital systems too thin. The 'Arizona Republic' reported that on June 6, the state health director sent a letter to hospitals asking them to "fully activate" their emergency plans to ensure hospitals continue to have adequate capacity. A chief clinical officer at Banner Health, Arizona's largest health-care system, said in a statement. "This trend is concerning to us, and also correlates with a rise in cases that we are seeing in our hospital ICUs."

We at Banyan Integrative Health are here to support your wellness in these times of uncertainty and rapid change. We also want to remind you that most people with COVID-19 infection will recover completely. We do not want to spread fear or anxiety, but we still want to you each to remain vigilant with social distancing, proper protective equipment (masks and/or or face shields), frequent handwashing, and limiting contact with your face when out in public, in part to protect the most vulnerable among us.

On June 19, Tucson mayor Regina Romero mandated that all people wear masks in public when they are unable to socially distance. Be advised that masks can decrease the transmission of coronavirus, but they do not eliminate risk. Therefore, we recommend ongoing sheltering in place, except for essential outings. Please feel free to reach out to us with questions or concerns to let us help you navigate your individual situations. In order to maintain a safe and infection-free environment in our clinic, we require that all persons who enter our building wear a mask or face shield, that you come alone to your appointment unless your support person is an essential part of your healthcare team or is providing transportation, and that you call us first if you are experiencing fever, cough, or other upper respiratory symptoms. We are practicing social distancing in the clinic and are disinfecting all surfaces between each patient encounter.