



### ***Notice for In-Office Appointments***

At Physicians and Midwives we have been actively updating our policies based on recommendations from the WHO and the CDC. Both are increasing restrictions regarding social distancing particularly in medical environments that increase the risk for exposure for Coronavirus. Due to this, we are modifying our policy for in-office appointments.

**1. Face masks / Face coverings required when you to come to our practice**

We are continuing to require all patients to wear a face mask or a face covering when you come to our practice as COVID 19 is becoming more prevalent in the DMV area. If you do not have a mask at home, a scarf or bandana is an acceptable substitute.

**2. No children are permitted in the office due to COVID-19.**

**3. One (1) Support Person Permitted**

All patients are permitted one adult support person for all appointments. Support persons must be over the age of 16, and all patients and their support person must wear a mask. Upon arrival the support person will undergo a temperature check and must complete the Covid Questionnaire.

***We are also offering telemedicine appointments at this time to assist with scheduling restrictions.***

Please call our office at (703) 370-4300 with any concerns or questions.