

March 24, 2020

To our dear patients of Avante Medical Center, their families, and our community,

We want to send out a message of healing and hope for our community. We will work through this challenging time with collective care for each other, respect for the power of nature both to heal and to challenge, and with the knowledge that cycles of health and prosperity return. Let us all work together with this shared vision to allow for health and calm to return to our community.

Avante remains open with regular business hours. We have been working around the clock to provide a safe refuge for our patients by carefully crafting an environment that lowers the risk of infection for those who are in need of regular care. The health and well-being of our Alaska residents is our top priority while ensuring continuity of education, treatment and prevention. We are researching globally successful treatments and implementing cutting edge, comprehensive medications and natural therapies to keep you safe and healthy. If you are sick, we will work toward facilitating your quick recovery, in a safe and effective manner for you, others seeking care and our staff. I can assure you that we are taking your health extremely seriously and have our entire team working together to provide safe, excellent, and effective care.

I want to outline the actions we are taking so that you feel safe seeking the care we provide.

Regarding Covid19:

- We are pre-identifying those with symptoms or at risk of Covid19 and these patients are being scheduled for remote Telehealth appointments. If it is determined that they require a test, they will be referred to the drive-up testing facility set up by Providence. Their follow-up appointment will also be Telehealth so that the requested social distancing required by the health department is maintained. For those who are not sure if you have been exposed we are requiring Telehealth appointments as well. We are doing this to keep our healthy patients from exposure to the virus and to protect our staff and providers so that we can continue offering the comprehensive care we strive to provide.

Additional facility precautions:

- Advanced cleaning throughout the day to include all surfaces, pens, computers, etc.
- Advanced Molecule HEPA large scale air purifiers have been purchased for the clinic and rooms.
- Masks are recommended and available for all patients and staff as needed.

We will be regularly providing updates and insights on how to continue to best navigate during this time. **If you have questions regarding prevention, immune support, and treatment, rest assured we are here to help.**

Please review this list of prevention guidelines to help protect you and protect others from the spread of the coronavirus. For more information on most recent data or news regarding COVID-19 you can visit the website, www.cd-c.gov

DO THE FIVE

- 1- HANDS- Wash them often
- 2- ELBOWS- Cough into them
- 3- FACE- Don't touch it
- 4- SPACE- Keep safe distance
- 5- HOME- Stay if you can

Very Best,

Jason J. Harmon, ND FABNO
President Avante Medical Center LLC