

# BORN WELLNESS

Patrick Schoeneborn  
650 E. Palisade Avenue  
201.266.0707 work  
551.237.9435 mobile  
patrick@bornwellness.net  
www.patrickschoeneborn.com

**March 12, 2020**

**To all my Clients**

Hello,

With the news of the coronavirus (COVID-19) threatening our health and livelihoods I would like to share with you what I have done so far to minimize the impact of the virus. This is not only to protect myself but my loved ones and my clientele, who are more vulnerable than others due to their age and possibly compromised health and immune condition. I have taken measures already since the end of February to minimize and help prevent the spread of germs and in particular this fiendish virus.

It's been in all the headlines – the novel coronavirus, also known as COVID-19, is moving through local communities around the world. Therefore, I want to make sure that you are informed of the various approaches I have taken to stay safe in the face of this epidemic.

- First and foremost, I wash my hands frequently including before and after every session (with soap and water). I did this before the breakout of this pandemic, as it is the most important thing, I can do to protect myself, my immediate household, my clients and my community.
- I do not have a cold, flu, or other illness. If I do, I will immediately stop “going out into the world” and cancel my appointments. If necessary, I would get tested for the coronavirus and not return to work until the absence of SARS-COV2 or COVID-19 is confirmed.
- I have followed the news for COVID-19 since mid-January and increased my preparation for the prevention and protection over this time, including staying away from my friends, family and clients with cold or illness symptoms.

- 
- My children are in schools that have not been affected by this virus. The schools are now conducting online learning for the foreseeable future.
  - In addition to the above measure, I am continuing and increasing my social distancing efforts from the community.
  - Mainly my efforts remain around no longer eating out at restaurants, not going to the movies or other events where I cannot control social distancing and in general keep a distance from people I don't know. This also applies to my family.
  - In October of last year, I got the flu shot to reduce my chances to contract the flu.
  - Besides eating a healthy, balanced diet I keep myself active with walks and runs to stay healthy and keep my immune system strong.

Even though I feel I am not at an increased risk, I do realize that others are. My self-protection measures will help to protect my loved ones, my clients and my community. Hand-washing and self-isolation when ill, plus increased social distancing efforts, will help cut down on community transmission of COVID-19.

I will continue my work as long as I stay healthy and have the permission to do so. I hope that we will soon find a way to protect ourselves from this virus and other viral diseases.

Please feel free to reach out with any questions or concerns you might have.

Healthy Regards,

**Patrick Schoeneborn**  
**Certified Personal Trainer & Nutritional Coach**  
**Born Wellness Training & Coaching**