

**These are the updated COVID-19 protocols  
For The Knee Hip and Shoulder Center**

**\*\*If you have traveled outside of these USA please do not come into the office, unless you have self-quarantined for 10 days.**

**\*\*If you have traveled outside of New England, we hope you continued to wear a mask and self distance, but we will not require self quarantine before your appointment.**

**\*\* While the State of NH has lifted its mask requirement, the mandate for the Portsmouth Hospital remains intact. We will continue to require face coverings while in the office.**

**\*\* We continue to limit the appointment to just the patient except if the appointment is for a preoperative physical or the patient requires some sort of assistance due to cognitive difficulty or requires an interpreter. Exceptions will be on an individual basis.**

**\*\* If you have been exposed to a positive COVID-19 person in the 10 days prior to your appointment, PLEASE DO NOT COME INTO THE OFFICE.**

**\*\* If you are experiencing any of the COVID-19 symptoms, PLEASE DO NOT COME INTO THE OFFICE**

**\*\* even if you have been vaccinated it is not 100% guarantee you will not get COVID or be a carrier.**

**We feel it is crucial to keep you staff and patients safe and healthy.**

**THANK YOU.**