



Currently, our treatment programs are continuing to operate with additional safety precautions in place. Call us to discuss any concerns about your services or the options currently available for us to best support you during this time.

In order to protect the health of clients and staff, we ask you to please follow these safety guidelines:

- **Refrain from bringing visitors with you to your appointments.**
- **Follow social distancing guidelines by remaining at least 6 feet away from others.**
- **Cover your coughs/sneezes and wash your hands frequently.**
- **Stay home if you are sick. If you are experiencing symptoms or risk factors for coronavirus (COVID-19), please contact our office by phone BEFORE entering the office. Symptoms and risk factors include:**
 - **Fever**
 - **Shortness of breath**
 - **Cough**
 - **Exposure to someone with a diagnosis of COVID-19**
 - **Recent travel to an area affected by COVID-19**

Our providers are offering telehealth video and phone services so you do not have to come into the office for appointments. Call us to learn how!

If you need extra support during this time, contact our office or the “Your Life Iowa” 24/7 support services by phone, text, or chat.

- **CFR** Phone #: 866-801-0085
- **Your Life Iowa** Phone #: 855-581-8111
- **Your Life Iowa** Text Support: 855-895-8398
- **Your Life Iowa** Online Chat: YourLifelowa.org