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## RECOMMENDATIONS REGARDING YOUR COVID-19 VACCINE & YOUR PROCEDURE

1. It is recommended there is a minimum of **7 days** in between the time of your vaccine and receiving a **steroid injection**.
2. Even if you receive the COVID vaccine you will still need to follow the COVID precautions as instructed by the facility.  
**\*\* Not enough information is currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19.**
  - You will still need to wear a mask when entering the facility on your day of procedure, follow up appointments, and attending therapy.
3. Per the CDC to protect yourself and others, please **continue** to follow these recommendations:
  - Wear a mask over your nose and mouth
  - Stay at least 6 feet away from others
  - Avoid crowds
  - Avoid poorly ventilated spaces
  - Wash your hands often

Thank you for your cooperation!!