

COVID-19 Update from Dr. Jeffrey Sternberg, President of The Sternberg Clinic

Updated May 2021

The COVID-19 outbreak has been a sobering situation for all of us in the United States and the world at large. These are unprecedented times, and we all are experiencing information overload. From [all of us](#) at The Sternberg Clinic we hope that you and your loved ones are healthy and safe.

The Sternberg Clinic is operating comfortably with certain precautions due to the COVID pandemic. Luckily, the pandemic was fairly mild in San Francisco proper and life is slowly beginning to return to normal here with businesses reopening, along with some indoor dining, and travel. Actually, patients have been safely traveling for their pilonidal care to us since September. All the staff at The Sternberg Clinic have been fully vaccinated and we have implemented numerous safety measures in our office to include to comply with CDC physician office guideline to include daily sanitizing measures such as non-toxic chemical fogging, limiting office traffic, and installing high capacity HEPA filters in every room.

GREAT NEWS! As of May 5, 2021, the city of San Francisco has lifted its requirement for COVID testing withing a week of an upcoming surgical procedure for persons who can show proof of vaccination. So, if you are scheduling surgery and both you and your caregiver have received both doses of the Pfizer or Moderna vaccine (more than 2 weeks before your scheduled surgery**) or a single dose of the J&J vaccine (**more than 28 days before your scheduled surgery**) all you need to do is email us proof of your vaccination (a copy of that little white card). The last dose must have received 2 or more weeks prior to your scheduled surgery (goes for patient and caregiver). If you or your caregiver hasn't received the vaccine or the second dose (Pfizer and Moderna) then you must still comply with the COVID testing rules within 6 days of surgery.**

Due to the social distancing requirements, the normal cadence of our practice is a bit different from our usual. We will do everything that we can to make the experience work well and go smoothly.

So that you are prepared when you visit us, here are some of the safety measures that we are implementing. As many of our patients do typically travel with friends and family members, please understand that we are required to limit traffic and visitors during this crisis.

Here are some of the precautions for your and our safety that we are implementing:

- We are spacing appointments so that you are unlikely to encounter few other patients while visiting with us.
- **You must arrive with a mask.** We will switch your mask to a surgical mask when you arrive. Please keep this mask on at all times including in the exam room. **Anyone who will not wear a mask will be required to leave. We understand that some parts of the country have given up mask mandates but in California it still required a medical office buildings, hospitals, and surgery centers.**
- Any friends or family members accompanying patients 18 or older will be asked to wait in the lobby or outside. Dr. Sternberg is more than happy to Facetime with family members during his discussion with patients.
- 1 family member or friend is permitted to accompany any patient who is under 18.
- Everyone's temperature will be checked upon arrival and everyone will need to respond to a COVID exposure and symptom questionnaire.
- Everyone will be required to sanitize her/his hands upon arrival.
- Unfortunately, we will no longer have magazines in the waiting room.

We look forward to caring for you and will do our best to make these changes work.

All our best from The Sternberg Clinic's staff.