

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

Updated August 20, 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. Patients have been safely traveling for their pilonidal care to us since September 2020. 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.

There are new regulation in San Francisco and the entire State of California that make vaccination ever more important. While in SF, if you plan to enter any retail store, a restaurant, and many other businesses, you may be required to show proof of COVID-19 vaccination.

**As of August 20, 2021: Due to the evolving situation with the delta variant of covid, SF hospitals and the surgery center (Presidio Surgery Center where we perform most surgery) have adopted the following NEW stringent guidelines:**

- **All VACCINATED patients and their family/companions should get a PCR test within 72 hours of the scheduled surgery. If the result is available by the DOS, then no further action is required. If the PCR results are still pending on the DOS, then both the patient and their companion will receive a rapid test at the PSC.**
- **For UNVACCINATED patients and their companions: a negative PCR test within 72 hours is required. The result MUST be available by the DOS. In addition, both the patient and their companion will receive a rapid test at the PSC.**

We realize that some testing centers are not turning around the test results within 72 hours (and this is unfortunate), but the city of SF is making us

stick to these stringent rules. It makes the most sense to get fully vaccinated prior to surgery or visiting San Francisco (full vaccination is 1 month after the second dose of the Pfizer or Moderna vaccine and 1 month after the 1 shot J&J vaccine).

If the patient or companion test + for COVID, unfortunately, surgery will need to be rescheduled at least 2 weeks in the future even if you've traveled a long distance.

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 always keep this mask on 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 when indoors.**
- 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 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.