Allergy shot patients:
Options to decrease frequency of trips into the office (to avoid exposure to other people who may have infections)

Do not come into the office if you think you may have COVID-19:
- fever, cough, shortness of breath
- recent travel in planes, trains (especially to areas with known outbreaks, either in or out of USA)
- exposure to other people who may have, or are known to have, COVID-19
- new onset loss of smell
- recent exposure to large groups
- if yes to any of the above, please avoid the office for at least 14 days so you do not infect others

Testing: if you think you have COVID-19, currently testing options are limited. WE cannot test in our office. LabCorp and Quest have testing in some areas of the country, but not here yet. Christiana Care had a one day testing event, but no more planned as of yet. Division of Public Health’s Coronavirus Call Center at 1.866.408.1899 or TTY at 1.800.232.5460 from 8:30 a.m. to 4:30 p.m. Monday through Friday, or e-mail DPHCall@delaware.gov.

Asthmatics: we will be suspending checking peak flows prior to shots (it spreads germs). As always, if you think your asthma is acting up, you should not get a shot. If you have a peak flow meter, you can check your peak flow at home before coming in. IF you are not sure of your peak flow numbers, call the office. If you need a peak flow meter, they are on sale at the office.

New starts/build up:
- OK to get shots every 14 days and still build up. (if longer than 14 days, we need to repeat doses) (problem is it will take twice as long to get to the point where you can feel better.)
- OK to hold at current dose and get shots every 4 weeks, then start increasing again at a later date
- IF you just started, consider stopping and restarting in a few months (there are 21 build-up shots. If you are less than ½ there and you do not want to come to the office frequently, you may just want to stop the shots and restart at a later date)

Maintenance:
- OK to get shots as little as every 6 weeks. (you may vary the frequency from every 1 week to every 6 weeks depending on how your allergies are affecting you)

Best time to get shots:
Avoid our busy times. We are busiest and have the longest waits the first 30 minutes we open and after 3pm.

Avoid the waiting room:
As usual, we recommend waiting for 30 minutes after an allergy shot in case of any severe reactions. If you would prefer to wait 30 minutes in your car (as opposed to the in the waiting room), feel free to do so. Come back in if you experience any symptoms such as: feeling hot, flushed or itchy; have hives or swelling; feel light headed or cough/wheeze/shortness of breath.