



During this trying and uncertain time, we are continuing to provide perinatal care to our obstetric patients. As per CDC and WHO guidelines, as well as the NJ DOH, our staff is continuing to keep our facilities clean, sanitized, and we are practicing social distancing.

To that end, we are asking that you come to your appointment alone. Please bring your own pen, so that you minimize contact with other objects.

Call our office when you arrive, from the parking lot, to let us know you are here.

**Toms River – 732-736-0300
Freehold – 732-302-8376 (temporary)**

We will ask you screening questions, and will let you know when the sonographers are ready to take you into the exam room.

If possible, please use a credit card for copays – we can enter the data without you having to use a touchpad.

We are all in this together. We understand that being pregnant in these overwhelming times can be nerve-racking – we are here to help.

Relevant links:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-family.html>

<https://www.babycenter.com/pregnancy-illness-and-infections>

https://www.nj.gov/health/cd/topics/covid2019_community.shtml