Hi there it's Dr Jamal from MO2R and we're talking to you directly patients to let you know how we get set up when we come and see you regarding COVID-19. So I'm wearing a mask right now and all that does is protect you from me and the next thing im going to do is wear a helmet here or a shield a face shield. This face shield has been cleaned and I've just sanitized as well and the face shield goes on and what this does is it protects me from you and all the other patients that I see from you. So that comes down over the top and we're going to grab a pair of gloves. The gloves are just specific to droplet precautions I have sanitized before and I will sanitize after and simple as that. See you soon.