



## COVID-19 Policies and Practices

We have adopted new practices to create as safe an environment as possible in our clinic. .

- We have medical grade air filters in all our treatment rooms and waiting area. These machines have H13 filters (higher than True H.E.P.A.) with up to 99.7% particle removal down to .1 micron in size; Covid-19 is .125 microns in size.
- Therapists wear N95 or KN95 masks while working in treatment rooms. If your session requires close physical contact, we can also wear washable gowns as an additional layer of protection.
- Appointment times are staggered to aid social distancing.
- We regularly disinfect items that are frequently touched.

**We will not be treating anyone who has ANY COVID-19 symptoms.** We screen all patients at the beginning of their appointment with the following questions:

Within the last **10** days, have you experienced?

- A fever
- Recurring cough/sore throat
- Shortness of Breath/Difficulty breathing
- Flu-like Symptoms
- Abrupt loss of smell and/or taste
- Close contact with someone suspected of, or lab confirmed COVID-19 positive

**If you have a fever or feel you may be getting sick, or have had a potential exposure to a person who is suspected or has been confirmed COVID positive, we respectfully require you to cancel your appointment. You will not be charged a cancellation fee.**

**Research has shown that up to 40% of virus spread occurs without the presence of symptoms. Therefore it is impossible for us to guarantee a COVID free environment.** Patients with underlying health conditions or other risk factors will be assessed for appropriateness of in-person treatment on a case by case basis. Please let us know before your first appointment if you have high-risk factors.

**Anyone entering the clinic is required to follow these safety guidelines, NO exceptions**

- **Please wear a mask.** Arrive at your appointment with a mask/face covering that covers both your nose and mouth. A homemade mask is acceptable. We will provide you with a disposable mask if you do not have one or forget.
- **Please wash or sanitize your hands.** Upon entering the office, all patients are required to clean their hands either with sanitizer or hand washing at our office sink.
- **Social Distancing:** Please do not bring guests to your appointment, except for children that require adult chaperones and patients in need of additional assistance. Please maintain at least 6 feet of distance from anyone else in the waiting area.
- **Temperature Checks:** We may check temperatures via non-touch forehead scan.