

## Procedure for attending therapy Beth Shelly PT and Therapeutic Massage by Leatha

The health and safety of our patients is our top priority

Based on CDC guidelines - It is understood that anyone can catch and transmit the Corona virus. Special care must be taken to protect certain patient populations from Corona virus. CDC also recognizes need to wear mask for the protection of others in certain work environments including medical facilities.

- All patients and staff will be wearing a face mask
- Unvaccinated patients - call the office from the parking lot when you arrive. Keep the AC on during the hot weather. You will be escorted directly to the treatment room.
- Fully vaccinated patients – may come into the waiting room no more than 10 minutes before your appointment time.
- You will have a non-contact forehead temperature taken and must be under 99 degrees
- Upon entering, please clean your hands with the hand sanitizer
- Only the patient and one necessary support person will be allowed in the treatment room. Others must wait in the car.
- Appointment will be made so that only one patient is in the office at one time and there is 30 minutes between patients for cleaning and air circulation.
- As much as possible PT and MT patient will be scheduled so as to minimize a large number of patients in the waiting room at the same time.
- Beth Shelly PT has policies for cleaning and social distancing in the office
- Massage clients, please shower before your appointment
- Even mild symptoms can be associated with covid infection. Do not assume it is “only a cold”. Please take advantage of at home covid tests or contact your doctor for a rapid test.
- Screening questionnaire – All answers must be “No” before patient can be seen in the office
  - Have you been out of the country in the past 2 weeks?
  - Have you been near anyone who has tested positive for Corona Virus?
  - Have you been near anyone who has symptoms of Corona Virus?
  - Have you had any of the following symptoms any time in the past two weeks?
    - Fever (100.4)
    - Cough
    - Shortness of breath or difficulty breathing
    - Chills

### **Telehealth is still an option especially for**

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised - cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- Those unvaccinated or caring for a person unvaccinated

This policy will be under constant review with guidance from CDC and professional organizations for the health and safety of patients and staff.

**Please call and cancel if you have any doubt about whether you have symptoms or have possibly been exposed**

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