

COVID-19 Protocols

Dear friends/patients,

As you are all aware the COVID-19 pandemic has effected many aspects of our daily lives. All acupuncture practices were effectively shutdown except for emergency treatments since mid-March. Last week the State of Vermont notified us that we can return back to work. However the current situation with the virus appears to be far from over so how I conduct treatments will be slightly different for the foreseeable future. The changes I'll layout below will need to be followed to help keep all of us healthy as we await the resolution of this outbreak. It has been challenging and trying and the conditions in which I will have to operate are far from ideal for all of us. I know some of you may not decide to seek treatment at this time and I will by necessity be working at reduced capacity so scheduling and appointment spaces will be challenging. Here is what I will need from you and what I will be doing to keep all of us healthy and safe.

Patient flow

- 1) All patients will be prescreened by phone the day of their appointment,
- a) Please report ANY symptoms related to the covid-19 virus including fever, shortness of breath or difficulty breathing, fatigue, cough, headache , nausea, digestive trouble, rashes.
- 2) You must wear a mask or face covering during the entire visit, please bring your own if you have one, I will supply one if needed but my supply is limited.
- 3) You must complete prescreening before entering the building.
- 4) Wash or sanitize your hands upon entering the building.
- 5) Please leave your shoes outside the treatment room.
- 6) Please keep a list of contacts you have had for the last several days prior to your treatment and ideally after your treatment as well.
- 7) Only the patient will be allowed in the treatment room unless assistance is needed. The waiting room will be closed so you will have to wait outside until I am ready to bring you in.

Practice flow

I will wear a mask at all times, and may wear goggles and gloves.

All surfaces will be wiped with a disinfectant solution prior to all treatments.

All surfaces and spaces the patient will have access to will be cleaned and disinfected between patients and ample time will be given for treatments rooms to air out between patients.

All linens will be removed from the treatment space after use and cleaned and disinfected.

Disinfected pens will be available for payment you may also opt to send payment by mail.

All scheduling will be done by phone or email to limit exposure time during appointments.