



## **COVID-19 Policy and Guidelines**

In order to keep everyone safe and healthy during this unprecedented time, please read and sign this form before coming into the clinic for your first visit since the COVID-19 pandemic began. We will not be able to provide in-person treatment without a signed form.

### **What we need you to do:**

- Truthfully answer these four questions on a Google form (which can be emailed to you) before you come in for an appointment. We will also ask you these questions before beginning each visit:
  - Do you, or have you had, a cough, fever, chills, shortness of breath, muscle aches, headache, sore throat, loss of taste or smell, diarrhea/nausea, or tested positive for COVID-19 within the last 14 days? Yes No Please initial: \_\_\_\_\_
  - Have you had close contact with someone with these symptoms or diagnosed with COVID-19 within the past 14 days? Yes No Please initial: \_\_\_\_\_
  - Have you been notified by a public health official that you have potentially been exposed to COVID-19? Yes No Please initial: \_\_\_\_\_
  - Have you traveled outside of the state of Maine within the past 14 days? Yes No Please initial: \_\_\_\_\_
- Please bring and wear an appropriate face mask to your appointment.
- Please wash your hands or use hand sanitizer before and after your treatment sessions.
- Please bring your therabands to every appointment, if applicable.
- Please, no extra guests in the building, unless necessary for assistance to the patient.
- Please text or call us when you arrive at the parking lot. We will let you know when we are ready for you to come in for your appointment.
  - Sonja Parker's number is: (207) 249-9410
  - Melanie Armstrong's number is: (207) 441-3760

### **What we will do to protect you:**

- We will cancel our appointments (or change them to telehealth visits with your consent) if we have had, or have been in contact with anyone with the above COVID-19 symptoms.

- We will check our temperatures before coming into the clinic every day. We will also check your temperature before each appointment with a touch-less forehead scanner.
- We will continue with strict hygiene practices, including washing our hands with soap and water before and after each patient.
- We will continue to change all linens between patients, and wipe down all equipment and doorknobs used with bleach or alcohol wipes between appointments.
- We will wear a 3-layer mask with filters. We will also wear face shields when needed.
- We will schedule our appointments with 15 minutes between patients to give us time to sanitize equipment, change sheets and wash our hands before you come in. This will also decrease chances of coming into close contact with other patients coming and going.
- We will also offer the option of having your PT visit via telehealth from your home. Most insurances are covering this right now, with some even waiving copayments and deductibles for the time being for these visits. If you have questions about this, please ask us, or check with your insurance.

Depending on the ever-evolving understanding of COVID-19, these guidelines may be changed or amended at any time.

I agree to allow my contact information to be shared only as needed for contact tracing should that become necessary due to potential COVID-19 exposure. Please initial: \_\_\_\_\_

I have read and agree to comply with all of the above information. I will not come in for a treatment unless all of the above is correct to the best of my knowledge.

Signature\_\_\_\_\_Dated\_\_\_\_\_

Printed Name:\_\_\_\_\_