



## Covid-19 procedures

I have put in place the following changes to my practice due to the Covid 19 pandemic. Hopefully this will reassure you that I am doing everything I possibly can to minimise the risk of catching Covid 19 during your appointment but I cannot guarantee the environment will be perfectly virus free.

If you are vulnerable or shielding or you are living with family members who are vulnerable or shielding either book a telehealth consultation or email me for advice at [info@carolplumridgeosteopathy.co.uk](mailto:info@carolplumridgeosteopathy.co.uk) or leave a message on 01249 445 426.

If you haven't seen me before please book a new patient appointment.

### Changes I have made:

- Appointments are spaced out to allow for cleaning and disinfection between clients. All surfaces and door handles are cleaned.
- I will be wearing a mask, face shield and a disposable apron. I have wipe able pillows and no coverings on the treatment table.
- I have written and regularly update an infection control and mitigation policy, if you would like a copy please ask.
- Payment is by card only the card reader is cleaned between each transaction.
- All appointments are based in Chippenham

### Please adhere to the following guidelines for your appointment:

- Please use the toilet before your appointment.
- Please wherever possible come to your appointment alone; if you need a chaperone or are bringing a child you will all have to have a Covid-19 screening. Everyone must wear a face covering.
- If before your appointment you or any family members in your household have a temperature, cough or loss of sense of taste or smell or if you have any suspicion that you may have been exposed to Covid 19 please cancel your appointment.
- Please arrive on time for your appointment and wait in your car until you are invited into the clinic. I will ask you about your health and take your temperature; you will be invited to sanitise your hands on entering and leaving the clinic.
- Please bring as little into the clinic as possible, you will be asked to place any belongings into a plastic box.