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COVID-19 PANDEMIC CLIENT INFORMATION FLYER

Is it safe to have a face-to-face therapy appointment?

Without a vaccine for COVID-19, we all face a risk of exposure anywhere we may go — including the clinic or home visit. To reduce that possibility, we are taking an extra step of asking you to check for signs of infection.

Before a live, face-to-face meeting.

- Self-monitor. Check your temperature at home before leaving for a session or before an in-home session. That includes family members who will be present for the session. Individuals with mild cough or fever (100 °F or more) should self-isolate and stay home.
- Notify us before a meeting if you have fever or symptoms of COVID-19 or if you have been exposed to the COVID-19.
- We ask you to put on a face covering or mask before leaving for an appointment or accepting a home visit.
- If you have symptoms of any kind, even if you think it could be a cold or bronchitis or some other illness, discuss that with a clinician before any meetings.
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth.**
- As much as possible, physically distance, staying at least six feet away from others.
- Especially avoid contact with people when they are sick.
- Cover coughs and sneezes with tissue or your arm (not hands).
- Clean AND disinfect frequently touched surfaces daily.

Follow these basic guidelines to slow this pandemic.

- There is currently no vaccine to prevent COVID-19,
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - COVID-19 may be spread by people who are not showing symptoms

Follow these basic guidelines to slow this pandemic (Continued).

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a face covering when they have to go out in public, for example to the grocery store or to pick up other necessities. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is incapacitated.
- The cloth face cover is meant to protect other people in case you are infected.
- Cover coughs and sneezes. If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them with a disinfecting chemical. Most common EPA-registered household disinfectants will work.