Dear patient,

Now that you've had your pre-screening call (or email) and are booked in for your appointment, here is some more information to read through before attending the clinic. If you have any further questions, please text/ call or email me (or visit my website).

Before arrival at clinic

N.B. If you or someone you live with develops symptoms of COVID-19 by the time of your appointment, please contact me before attending the clinic to cancel your appointment.

Please bring your own freshly laundered towels with you (1 or 2 in a plastic bag) if you would like to have a cover during your session. Please bring your own bottle of water.

Arriving at and entering the clinic

Please wait outside the clinic (or in your car). Phone / text me and I'll open the door for you. I'll be wearing a mask and will first ask you inside to wash / hand sanitize your hands & take your temperature with a non-contact thermometer. If you need a face mask, I'll offer you one. You're now free to use the (newly cleaned) bathroom before the appointment begins. You will then be asked to sign a 'COVID-19 Consent form' before your treatment begins. This will be kept with your notes.

Where possible, in all areas of the clinic, the 2-metre distance rule will be implemented. Please come alone to your appointment unless a chaperone, parent or carer is required. Please leave accessory items (bags and coats) in the car, or travel with as little as possible.

Face masks and hygiene

From 8th August 2020 face masks are mandatory in clinic settings. In specific cases (e.g. breathing more difficult) it is acceptable for patients not to wear a mask for a short period or for the duration of the appointment. This is in line with government guidance. If you need to sneeze or cough while in the clinic, please do so into a disposable tissue and throw it away immediately and wash hands. Please wash your hands again before leaving the clinic. Clinic room will be ventilated for 30-minutes between patients and room and communal areas will be cleaned.

NHS Track & Trace

If you develop COVID-19 symptoms within 48 hours of your appointment you must contact me immediately. **N.B**. If I (the practitioner) develop COVID-19 symptoms within 48-hours of having close contact with you during the appointment, and then later test positive, I'm obligated under law to provide your name, phone number or email and the date and time of your visit to the test and trace service. Please note that by attending the appointment you give consent for this possibility.

Payment

Payment by bank transfer, cash or cheque.

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