

MESSAGE TO PATIENTS ABOUT COVID PRECAUTIONS

The practitioners of Calming Grounds are committed to keeping our patients and ourselves safe during treatment. We have put into place the following protocols, and ask patients to understand and adhere to these protocols.

What you as a patient can expect:

- We ask that you **wait in your car until** your practitioner comes to greet you.
- We ask that you **wear a mask upon entering the space and wear it for the duration of your appointment.** If you do not have your own, one will be given to before you enter the building.
- **You will be required to wash your hands/use hand sanitizer upon entering the building.**
- We will take your temperature and checking your oxygen levels upon entering. If your temp is 100 degrees or greater, we will ask you to reschedule your session. If your oxygen levels are below 95%, we will want you to check in with your doctor within the next 24 hours.
- **We ask that you come to your appointment by yourself.** Anyone that is with you will be asked to wait in the car unless you are unable to walk unassisted and then they will be asked to wear a mask as they assist.
- All payments and scheduling will be done in the treatment room or online before coming to the session or online after the session.
- We will minimize talking during the appointment.
- All new patients will have completed their online Health intake and have had their phone consult prior to their session. If these are not completed, we will need to reschedule your appointment.

How we have prepared the space and what to expect:

- We have put away all items such as magazines, oracle cards, drawing books, etc in an effort to keep exposure down via items that people often touch.
- We have removed self-serve water and tea.

- After each patient, I will be wiping down the end tables, door knobs, chairs, the bathroom sink, faucet and toilet, and generally keeping our treatment rooms and common areas well-sanitized.
- I will be washing my hands between appointments and using hand sanitizer after any contact with a patient or surfaces.
- I will be wearing a face mask during all appointments.
- I will be continuing to change sheets, pillow cases and blankets in between patients as well as wiping down all surfaces within the treatment room.
- I will be changing my uniform/scrubs between every patient.
- I will run an air purifier in the treatment rooms at all times.
- I will be working staggered schedules and seeing fewer patients and clients to minimize overcrowding in the reception, hallway, and bathroom areas.

Thank you for taking the time to read this information. It is very important to us that you feel safe and comfortable when coming in for your appointments. We look forward to providing support and care to you all.