

Hello and welcome to my practice! Here are my current operating guidelines during the Covid-19 Pandemic, to keep you, me and the other patients in my practice as safe as possible.

1. Please cancel your appointment if you or anyone in your household come down with any symptoms that could possibly be due to Covid 19, like cough, fever, G I symptoms, red and painful toes, shortness of breath, etc. There will be no penalty for late cancelling, please err on the side of caution, to keep us all safe. Feel free to email or call me if you have any questions about this the day before your session, and we can make decisions together.

2. We will not be having patients wait in our waiting room. When you arrive, **please wait in your car** and I will come to the front door when it is time for your session.

3. Please note that the bathroom is public access and cannot be cleaned after each session. If you use it, please take all precautions you would when using any public bathroom in a pandemic.

4. Kindly leave as much of your personal possessions at home or in your car, so you are bringing as little into the treatment room as you can. I will be providing a plastic laundry basket which is cleaned between each patient for your belongings, or bring your own paper bag to use. We will not be providing tea or water at this time, but you can bring your own water bottle into the session, as long as you keep it with your belongings and take it with you as you leave, and note, you will not be able to fill your bottle at our water station.

5. I will be taking your temperature with a non-contact thermometer, and pulse oxygen rate before session, and will make the call to send you home if there are signs of a high temp or lowered oxygen rate, as a precaution.

6. You will be asked to sanitize your hands before entering the treatment room, and again before you get on the table, after you have removed any necessary items.

7. You must be masked when entering the office, and the mask must stay on during the entire session. I know this is challenging, and it will be tempting to remove the mask while you are on the table, but this is the single best protective device we have, currently, as you know. This includes when you are face down for treatment. Please bring a mask that is comfortable for you, or you can purchase one from me if you forget. I will be masked the whole time, as well.

8. You can prepay for the session on venmo, using @kate-pagliasotti as my venmo access, or use the square reader in my office at the end of the session to pay for treatment. If you have tap cards, my reader will take them, or apple pay. The signature screen will be disabled, to prevent the need to touch the screen.

9. Based on the recommendations of my liability insurance, I am asking each patient who receives treatment to sign a waiver acknowledging that you understand receiving treatment at this time involves some degree of risk of exposure to Covid-19.

10. Finally, It feels important to make you aware of some of the steps I am taking to lower risk of exposure, like sanitizing with a CDC-approved sanitizer between patients, using a UVC lamp at days end to kill virus, running a HEPA filtration system all day, wearing scrubs and changing

my shirt between patients, taking temps and oxygen levels, masking, containing personal belongings, using several layers of clean dressings on the tables for each patient, including disposable pillow covers over waterproof pillow protectors, and of course, hand washing and hand sanitizing as often as possible. Please also note, I am trying to hold the first session each day for my patients who fall in the more vulnerable category.

I appreciate your willingness to follow these guidelines, so we can work together during this challenging time, thank you so!