

COVID 19 Safety Plan

Please do your part to keep safe and healthy:

1. Keep 2 m (6 ft) apart from your therapist and/or other clients. The board room just outside the office will be open and can be used as a waiting area.
2. Avoid contact greetings such as a handshake.
3. Use hand sanitizer as you come and go from the office. The disinfectant wipes are for you to clean any surfaces that you use in the office and washrooms.
4. Your therapist may ask you about your health related to COVID-19 symptoms and the health of those living with you. If someone in your household is self isolating, appointments need to be done virtually.
5. If you are not feeling well, please opt for phone or video session with your therapist. Please cough or sneeze into your arm.

6. When using the elevator, encourage other users to take the next elevator so there is no more than 2 people in the elevator at once.
7. Please do not bring family members or other visitors to the waiting room.
8. Try to time your arrival at the office with your scheduled appointment time. This may mean waiting in your vehicle or going for a short walk before your appointment.
9. A mask is not required but if you are more comfortable to wear a mask or scarf please do so. You can request that your therapist also wear a mask for the session.
10. You may notice an absence of magazines as these items are hard to keep clean.
11. If you develop symptoms of COVID-19 and test positive after your appointment, please inform your service provider as soon as possible.