

# Eagle Rock Community Acupuncture COVID-19 Policy

## **If you are sick, please stay home.**

The health and safety of our patients and staff is our highest priority. If you are sick, or if you have had a fever anytime in the last week, please stay home to protect yourself and others. The most common symptoms of COVID-19 are fever, cough, and shortness of breath. If you are unsure about coming in or are feeling uncomfortable about being in public spaces, the best option is to stay home, rest, and come see us when you're feeling better.

At this time, we will not charge a fee if you need to cancel an appointment due to illness. We do ask that you call and let us know if you're going to miss a scheduled appointment.

## **High-risk categories**

The high-risk categories for COVID-19 include people over the age of 60 and people with underlying chronic health conditions such as heart disease, kidney disease, cancer, or diabetes. If you or someone in your household falls into any of these categories, you should strictly limit your contact with other people and stay home when possible.

If you need to cancel an appointment because you or someone in your household falls into a high-risk category, please do so—you will NOT be charged a cancellation fee.

## **Social distancing**

The WHO recommends maintaining a distance of 3 feet between people to reduce the risk of community spread of droplets which may contain the COVID-19 virus. The CDC recommends 6 feet. To meet these recommendations, treatment stations are now separated by a minimum of 6 feet.

## **Wearing a mask**

You will need to wear a mask, in order to enter the clinic.

CDC Recommends Cloth Face Coverings for Use by the General Public: The CDC recommends that members of the public use simple cloth face coverings when in a public setting to slow the spread of the virus since this will help people who may have the virus and do not know it from transmitting it to others.

## **BYOB (Bring Your Own Blanket)**

To help reduce the risk of disease transmission, we've suspended the use of fleece blankets in the treatment room. If you need a blanket during a treatment, please bring your own blanket. You are also welcome to bring your own sheet or towel. We are washing all sheets multiple times per day and have also suspended the use of eye pillows in the treatment room.

## **Other precautionary measures**

We have stepped up our cleaning and sanitizing efforts in many other facets of clinic operations, including the following steps:

- We are asking staff to monitor their own health and follow all CDC recommendations for social distancing.
- All patients are asked to use hand sanitizer or wash their hands immediately upon entering the clinic.
- We are sanitizing high-touch surfaces multiple times per day,