

COVID-19 Policies

How We're Staying Safe

The safety of our patients and staff is our first priority. To mitigate risk of COVID-19, we have enacted the following procedures.

- All patients, staff, and visitors are screened upon entering the clinic.
- All patients, staff, and visitors are required to wear masks while inside.
- All patients, staff, and visitors are required to practice social distancing whenever possible.
- Hand sanitization stations are set up throughout the clinic. Staff and patients must wash their hands before and after treatment and use hand sanitizer regularly.
- Exercise equipment, tools, and surfaces are disinfected after every use.
- Clipboards, tablets, and high touch surfaces are disinfected after every use.
- Linens are changed after every use and washed on high heat with bleach.
- Treatment rooms are thoroughly cleaned after every use and signage is used to notify staff when a room needs cleaning.
- Telehealth appointments are available for patients that cannot attend in-person appointments.

How You Can Help

If at any point you begin experiencing any of the following symptoms, please contact your doctor and cancel in-person appointments until 72 hours after all symptoms subside without the use of fever reducing medication or until you receive a negative test result.

Symptoms

- | | |
|------------------------|---------------------------------|
| ▪ Fever or chills | ▪ Unusual Headache |
| ▪ Cough | ▪ New loss of taste or smell |
| ▪ Shortness of breath | ▪ Sore throat |
| ▪ Unusual Fatigue | ▪ Runny nose |
| ▪ Muscle or body aches | ▪ Nausea, vomiting, or diarrhea |

If you, a member of your household, or a symptomatic individual with whom you have had close contact are awaiting test results, please cancel in-person appointments until a negative test result is received.

If You Travel Outside of Alaska

In accordance with CDC Guidelines, patients who travel outside of Alaska may not attend in-person appointments until receiving a negative COVID-19 test result. Patients who have traveled will be treated in a private room for no less than 14 days after their negative test result. Please inform the front desk if you have plans to leave the state so that we may plan accordingly.

If You Test Positive For COVID-19

If you receive a positive COVID-19 test please notify the clinic immediately via phone and follow regulations and guidelines set by the Municipality of Anchorage, State of Alaska, and CDC. You may return to in-person appointments 10 days after symptoms first appeared or after you have been fever-free for 24 hours without the use of fever reducing medication, AND your healthcare provider has informed you that it is safe to discontinue self-isolation.

Your therapists will work with you over the phone and/or via telehealth appointments to minimize disruption of care while you are recovering.

If you have any questions or concerns regarding the policies and procedures outlined above, please speak to any member of staff or contact our Practice Manager, Kati Hackenberger, at 907-563-8318 or kati@akhandrehab.com.