

October 4, 2021

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 and practice social distancing.
- 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.
- Telehealth appointments are available for patients that cannot attend in-person appointments.

If you are exposed to COVID-19...

If you have had close contact with someone with COVID-19 and are asymptomatic, please refer to the following guidelines according to your vaccination status:

- **Unvaccinated:** You must quarantine for at least 10 days since the last known exposure. This period may be reduced to 7 days if you test negative for COVID-19 five or more days after your last known exposure. You should monitor for COVID-19 symptoms for at least 14 days after exposure.
- **Fully Vaccinated:** You are not required to quarantine so long as you do not develop symptoms and have not been instructed to do so by a healthcare provider or public health official. You should monitor for COVID-19 symptoms for at least 14 days after exposure and are encouraged to get tested for COVID-19.

If you are sick or test positive...

If you experience a fever, cough, shortness of breath, or difficulty breathing OR if you experience two of more of the following symptoms, please notify our office immediately.

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

You may discontinue isolation once 10 full days have passed since symptom onset, you have been fever-free for 24 hours without the use of fever reducing medications, all other symptoms are improving, and you have *not* been instructed by a healthcare provider or public health official to continue isolation.

If you test positive but are not sick...

If you receive a positive COVID-19 but are not symptomatic, you must isolate for at least 10 days since your first positive test or until instructed by a healthcare provider or public health official to discontinue isolation.

If you have any questions or concerns regarding the policies and procedures outlines above, please speak to any member of staff or contact our Practice Administrator, Kati Hackenberger.