

COVID-19 Guidance and Protocols

Hereford and Ludlow Osteopathy

www.herefordandludlowosteopathy.co.uk

Stay in Your Car

Your Osteopath will come out to collect you as always

Leave Accessory Items in Car

Examples include Handbag, watch, jewellery, mobile phone.

Please be Patient

There will a 20 minute space between appointments to allow all surfaces to be disinfected

Do Not Touch

Please do not touch anything in the treatment room besides your chair and the treatment couch

Clean your Hands with Sanitising Alcohol Gel Provided

You will be required to clean your hands with the gel at the beginning and end of your session.

Family or Friends Must Stay in the Car

However you maybe accompanied by minors or by anyone who provides assistance

Toilet Use

Toilet facilities are unavailable unless absolutely necessary. Please remember to use yours before coming out.

Masks

Your osteopath will be wearing one, you are not required to, but please provide your own if you do wish to wear one.

Your Temperature Will be Checked

Your Osteopath will use an infrared thermometer which will not touch you.

Payment

Please pay by BACS if possible or cash/cheque in a sealed envelope

The Room will Look Different

The treatment room will be quite bare, the chairs will be over 2m apart, the couch will be uncovered and you will be lying on wipeable plastic covered pillows, please bring a towel if you would prefer to be a little more comfortable.

Watch for COVID19 symptoms and please reschedule if;

- You are experiencing cough, shortness of breath, fever (temperature above 37.5 degrees)
- You have been exposed to anyone who is suspected or diagnosed with Covid19 in past 14-21 days
- Worked or attended a clinic facility treating Covid19 patients in the last 14-21 days