



COVID-19 Policy

This policy outlines some of the key measures I have taken to reduce the risk of spreading coronavirus (COVID-19). Please note the content may be subject to change.

Guidelines

Throughout the pandemic, I will be examining guidelines issued by government, NHS, other relevant authorities, my professional associations and regulatory body regarding safe and hygienic practise and the use of any personal protective equipment (PPE).

COVID-19 Risk Assessment

I have carried out a full risk assessment, in line with guidance from the Health and Safety Executive (HSE), in order to:

- Identify what work activity or situations might cause transmission of the virus
- Think about who could be at risk
- Decide how likely it is that someone could be exposed and to
- Act to remove the activity or situation, or if this isn't possible, control the risk

Health screening

Prior to seeing any of my clients, I will be:

- Monitoring my own health and deferring appointments if I have COVID-19 or symptoms of COVID-19.
- Asking my clients to call, cancel and defer treatment on the morning of their appointment if they have symptoms of COVID-19.

Cleaning and hygiene measures

Hygiene has always been a priority in this practice! Methods include washing and disinfecting any non-porous surfaces and therapy equipment, such as chairs and couches and replacing any porous or single-use items, such as towels and couch roll. Strict personal hygiene measures is also followed, including regular handwashing/ sanitising.

Adapting or restricting treatments

It may be necessary for me to adapt or restrict certain treatments, in order to reduce the risk of spreading COVID-19 and protect my clients' health and safety.

Maintaining social distancing

Please note that while many treatments involve a small amount of close contact, I will be observing social distancing measures wherever possible. This might include, for example, maintaining an appropriate distance during discussions and when arriving and leaving.

Cancellations policy

If a treatment is cancelled or deferred at short notice because my client has COVID-19 or has symptoms of COVID-19, any standard cancellation fees will be waived. The client will be asked to kindly confirm in writing that their appointment has been cancelled or deferred because they have COVID-19 or symptoms of COVID-19.

For more information...

I am happy to be contacted to discuss any aspect of your therapy during this time. Please contact me at:

email: info@elementalhealth.net

Telephone/ SMS: 07931 222414

www.elementalhealth.net