

## COVID-19 OFFICE PRACTICES AND RELEASE FORM

In accordance with local guidelines for the COVID-19 public health crisis, The Restorative Center for Mind, Body, Spirit, PLLC will resume in-person services as of June 8, 2020. If the pandemic or other concerns resurface, I may return to telehealth-only services out of an abundance of caution for everyone's safety.

The Restorative Center will follow best practices set forth by the CDC to reduce the risk of spreading the coronavirus, including staggered session times. If anyone in my office tests positive for the virus, I will notify you.

If at any time you decide you'd prefer telehealth services, I will continue to offer those services as well. Please keep in mind that reimbursement for telehealth services is subject to change depending on applicable laws and insurance regulations.

By resuming in-person services, **you assume sole risk of exposure** to the coronavirus and any other public health risks. I also ask that you please adhere to the following precautions to help keep everyone safe and agree to:

- Wear a mask while entering the premises, you will be able to remove it upon entering my office.
- Please wait in your car until your appointment time and message me to notify me that you're ready.
- Notify me if you're deemed an essential worker.
- Avoid touching your face or eyes with your hands.
- Minimize your exposure between appointments.
- Keep a 6-ft distance from others and do not engage in physical contact.
- Wash your hands or use alcohol-based hand sanitizer before entering the office.
- Do not attend your in-person appointment if you're **experiencing symptoms of any illness**.
- Do not attend your in-person appointment for fourteen days if you have been in contact with anyone who has tested positive for the COVID-19, as recommended by the CDC.

I will continue to monitor the situation closely and will communicate with you if circumstances change due to new local, state, or federal orders and guidelines.