

## Transform Your Health

### COVID-19 Guidelines for Clients to read prior to attending for an appointment

Transform Your Health reopened to see clients face to face on Monday 13<sup>th</sup> July 2020 and carried out a thorough deep clean and risk assessment prior to reopening. This document provides guidance on what measures clients will be asked to follow to minimize the risk of COVID-19 transmission, in accordance with Government guidelines.

1. Prior to the consultation please let me know and cancel the appointment if you, or anyone you have been in contact with has any of the following symptoms:
  - High temperature
  - A new, continuous cough, note that if you usually have a cough, it may be worse than usual
  - A new, loss or change to your sense of smell or taste
  
2. People in the COVID-19 high-risk category who were shielding are only able to attend for a consultation if Government guidelines state that it is safe for them to do so. If in doubt check with your doctor. This is likely to include those people who:
  - have had an organ transplant;
  - are having chemotherapy or antibody treatment for cancer, including immunotherapy;
  - are having an intense course of radiotherapy (radical radiotherapy) for lung cancer;
  - are having targeted cancer treatments that can affect the immune system;
  - have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma);
  - have had a bone marrow or stem cell transplant in the past six months or are still taking immunosuppressant medicine.
  - have been told by a doctor that they have a severe lung condition such as cystic fibrosis, severe asthma, or severe Chronic Obstructive Pulmonary Disease (COPD);
  - have a condition that means they have a very high risk of getting infections such as Severe Combined Immunodeficiency (SCID) or sickle cell;
  - are taking medicine that makes them much more likely to get infections (such as high doses of steroids);
  - have a serious heart condition and are pregnant.If you fall into this category please make me aware of this prior to the consultation.
  
3. People in the COVID-19 moderate risk category may want to seek medical guidance about whether it is recommended they attend an appointment. This is likely to include those people who are:
  - 70 or older;
  - Pregnant;
  - have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis);
  - have heart disease (such as heart failure);
  - have diabetes;
  - have chronic kidney disease;
  - have liver disease (such as hepatitis);
  - have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy);
  - have a condition that means they have a high risk of getting infections;
  - are taking medicine that can affect the immune system (such as low doses of steroids);

- are very obese (a BMI of 40 or above).

If you fall into this category please make me aware of this prior to the consultation.

4. Clients will still arrive at the front door and ring the bell but will then be directed round to the side gate to enter the treatment room, rather than going through the house.
5. Clients will be asked to sanitize or wash their hands upon entering the treatment room.
6. A NHS QR code is displayed in the treatment room for people to 'check in' to the premises. However, contact details are obtained for all clients undergoing treatment and all treatments are booked in advance of the consultation.
7. You are required to wear a face covering at all times unless you meet one of the Government criteria for exemption. I will wear a face mask at all times during the consultation. 2m social distancing will be maintained in the treatment room apart from when muscle testing (kinesiology) is being carried out. Prior to muscle testing I will put on a face visor and disposable gloves. These will be removed once muscle testing is finished.
8. Please can you attend a consultation on your own, unless you have a special need for another attendee to be present. Please make me aware of this, if applicable.
9. If you do bring children with you then you are responsible for them at all times and are responsible for ensuring they maintain social distancing.
10. I will leave a 30 minutes gap between clients for cleaning the treatment room and ensuring that clients do not come into contact with each other. Please can you therefore make every effort to arrive on time. Please also understand that sometimes consultation over-run for reasons beyond my control and that if this happens I may ask you to wait in your car or outside until I am finished.
11. I will be keeping windows open and opening doors between clients to get fresh air circulating in the treatment room so please bear this in mind wear suitable comfortable clothing that will also keep you warm.
12. Please bring your own water with you if required and refrain from eating in the treatment room.
13. Please try to arrange to go to the toilet before or after coming for the appointment. However, a toilet will be available if required.
14. Tissues are available in the treatment room but clients are advised that if they need to sneeze or cough to use the tissue, discard in the bin and then sanitise or wash their hands straight away.
15. Please pay by bank transfer if possible either before or after the consultation. If this is difficult then cash or cheque payments will be accepted but please bring the correct change with you.
16. If you are diagnosed with coronavirus within a 14 day period after your consultation then please contact me as soon as possible to let me know.

Wendy Angus 6<sup>th</sup> November 2020