

# 3707 Graustark Therapists' COVID-19 Plan

We appreciate all of our clients entrusting their mental and relational health care to us. In the interest of the continued wellness of all of us, we are instituting the following policies for now. While some actions might seem severe, our highest priority is the health of our clients and ourselves. We thank you for your attention to these new clinic policies and we thank you for helping us keep everyone safe.

## Please:

- Be diligent about washing your hands. Please wash your hands as soon as you arrive. Feel free to wash before you leave. We will be regularly cleaning and disinfecting high contact surfaces. Please use the provided hand sanitizer before and/or after touching any surfaces in the office.
- Do not come to an in-person appointment if you are experiencing **ANY** symptoms. **We are all available remotely.**
- Accept our apologies for not offering beverages during this time -- Without a dishwasher, we cannot sanitize utensils, cups, or glasses. You are always welcome to bring your own and take your used items with you.
- Accept our apologies for requesting that no one congregates in the waiting areas. Please feel free to check-in with your therapist via text or voicemail and wait in your vehicle. We will message you to come up at your appointment time. OR you are welcome to wait in big room to your right, or in the smaller main waitroom, but try to stay 6 feet from other clients per current medical recommendations.
- Be understanding that, like any other public space, individuals who have been in our offices may test positive for COVID-19. In such cases, it is likely that we will need to conduct a deep cleaning of the space and for a short time all sessions might have to be conducted remotely.
- Contact your therapist to report if you test positive for COVID-19, so that we can take the appropriate steps to ensure everyone's safety as much as possible.

We'll all get through this moment in time together.

Breathe deeply and see a bright future.