

White Dandelion Chinese Medicine Covid Safety Protocols

These are the things that I am doing to try to make acupuncture treatment as safe as possible in our ongoing pandemic situation. Please use your own judgment to decide whether these precautions are adequate for your own comfort level.

Full disclosure personal: I am limiting my outside interactions as much as possible (most grocery shopping is being done by curbside pickup). All indoor shopping or pickup when done is done masked. I completed my second dose of Pfizer vaccination on 2/11/2021 and my booster was received on 10/09/21.

My husband Isaac is working from home. He does visit with one to two friends once a week, who similarly do not have many interactions and also are conscientious to quarantine when they engage in riskier behavior (such as flying).. He received his first vaccination on April 6th and completed his vaccination course in May and received his booster in November of 2021.

In general I try to be conscientious about the people whom I interact with in unmasked settings and limit those interactions to those that are low risk.

I continue to do hand washing and using hand sanitizer and wearing masks when out in public situations.

What I am requiring from the patients I am currently seeing while Covid numbers continue to be high and variants are a continued concern:

- 1) You are fully vaccinated
- 2) When you are in public situations that you are still masking and hand sanitizing and observing physical distancing
- 3) If you have been in a situation where you are at increased risk for possible exposure for any reason (indoor dining at a restaurant, riding on public transport/airplanes, attending large gatherings, such as funerals or weddings etc) please take either two weeks off from acupuncture visits or wait 5-7 days post potential exposure and take a Covid test.

Clinic safety:

The new space at the Northfield Buddhist Center is currently only being used by us for the time being. They may decide to open to vaccinated members in the near future, but their use will be in the evenings and weekends when I am not using the space.

The space is cleaned once a week by two of the Buddhist Center members who also clean the common space in the building (hallway and bathroom).

Although there are several other businesses in the same building the upstairs area where the Center is located is not high traffic.

The space is large and open with a large air volume which is good for general dilution of any potential viral aerosols.

The Center has a wall of four windows which I intend to have open to some degree during treatment to improve air exchange (as much as possible as it gets warmer). The space also has hot water radiant heaters which should help maintain comfort when it is colder while allowing windows to be open, but I also have a heated table warmer and have also purchased an adjustable heat lamp for keeping feet warm during colder weather. I also run a HEPA air filter during treatment.

To maintain adequate cleaning and air exchange in the space I will see a maximum number of 5 patients per day with a minimum of ½ hour gap between patient visits.

8:30am visits are the first appointment of the day and 2pm visits are the 1st appointment after lunch with 2 hours of airing out after the 12pm patient visit, for those interested in even more air exchange before your visit.

Each patient has their own set of sheets and a blanket per treatment which will be cleaned between visits with bleach for sanitizing.

The massage table and frequently touched surfaces (inside and outside door knobs etc) will be wiped down between patient visits with bleach solution. I have allotted ½ an hour between visits for cleaning surfaces and airing out the space more fully by opening the windows to minimize any potential aerosol risk between patients.

I will wear a N95 face mask during treatment. I can also put on a face shield if you would like additional protection. Patients will also wear a face mask during treatment. Please wear at least an KN94 or higher in value medical mask. If you do not have a mask of this quality I will provide you with one.

We will skip any tongue observation and I will check pulse when you are already lying on the massage table.

I will try to keep my actual needle insertion times as short as I can and let you rest for the majority of treatment. I will do all the charting away from you in the space (near the entry to the space which is very far away from where you will be relaxing). Your treatment table will be close to the window area with the windows as open as is comfortable.

If for any reason you experience **ANY** of the following symptoms please let me know and I will cancel your appointment (there are no cancellation fees, everyone's safety is paramount). Please remember that none of the vaccines are 100% effective so do not come in if you develop or have recently developed any of the following symptoms:

Fever

Chills

Cough

Shortness of breath

Difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion

Runny nose

Nausea or vomiting

Diarrhea

Pink eye

I will check forehead temperature when you arrive (I will also check mine the same day). (This only catches about 70% of Covid cases, but 70% is better than 0)

All the same above rules apply to me, so if I feel that I am feeling unwell or have been in a situation where my safety for you has been compromised I will cancel appointments for at least 5 to 7 days and test for Covid before returning to practice.