

## **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 still limiting my outside interactions (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 lower 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:**

- 1) You are fully vaccinated
- 2) If you are experiencing and acute illness symptoms (cough, head cold, fever, sore throat, stomach flu etc) you reschedule for when you are no longer symptomatic
- 3) If you have had a recent unmasked Covid exposure or if someone in your household has Covid please reschedule until 5-7 days have elapsed. If coming in for a treatment in between the 5-7 day window, take a Covid test day of treatment and only come if the results are negative and you have no symptoms.

### **Clinic safety:**

The Northfield Buddhist Center is in use in the evenings and on some weekends when I am not in the space. The membership is masking when Covid numbers are high.

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 opened between visits, 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 4 patients per day with a minimum of ½ hour gap between patient visits.

9am 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 are washed between visits. The massage table and frequently touched surfaces (inside and outside door knobs etc) are wiped down between patient visits. 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. 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 your pulse when you are already lying on the massage table.

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 when weather permits.

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	New loss of taste or smell
Chills	Sore throat
Cough	Congestion
Shortness of breath	Runny nose
Difficulty breathing	Nausea or vomiting
Fatigue	Diarrhea
Muscle or body aches	Pink eye
Headache	

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.