

Integrative Well-Being – pre-session health updates

For the safety of each of us, please review and answer these questions before arriving to any scheduled appointments. If the answer is yes to any of the 4 questions, let's reschedule (no charge). I will be answering these questions also prior to any sessions.

COVID-19 Questions

1. Have you had a fever in the last 24 hours of 100°F or above? Yes No
2. Do you now, or have you recently had, any respiratory or flu symptoms, sore throat, or shortness of breath? Yes No
3. Do you now, or have you recently had, any chills, muscle aches, new loss of taste or smell, or new rashes or lesions? Yes No
4. Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms? Yes No

Safety precautions I am making on-site:

- I will be wearing a mask during our session
- I am hand washing + sanitizing before, throughout and after sessions
- All contacted surfaces will be disinfected before and after sessions, including the bathroom and doorknobs
- All sheets, blankets and/or towels will be laundered for each session
- A True HEPA air purifier will be in operation in the practice area

As a client:

- Masks are optional...can be worn for most or all of your session...to your comfort
- Please let me know if you want me to wear gloves, it is no problem to
- Please practice safe hygiene for your session – clean clothes, hand washing & sanitizing
- Honesty in answering all questions

Let's all err on the side of caution and stay healthy