



REDISCOVER YOUR INNER WELL-BEING

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COVID-19 UPDATES

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Please read this document thoroughly and make note of the protocols in place in order to safeguard everyone's health. These protocols are based on "Best Practice" recommendations from several professional acupuncture organizations and associations.

Scheduling appointments:

- Please call, text, or email me to schedule your next appointment.
- If you have been in close contact with a COVID-19 infected person, or if you yourself have been sick, or if you have traveled commercially, you must schedule your appointment for at least 14 days past the date of contact, initial infection, or travel.
- Please note: I cannot treat you if you are sick (with fever and respiratory symptoms) or if you do not bring and wear a mask (that is well fit over your mouth and nose) upon arrival and for the duration of your session.

What to expect before and during your treatment session:

- You will receive an email from me 24-hours prior to your appointment, for the purpose of "pre-screening." This will require a reply from you.
- Pay ahead of time through PayPal or bring a check that you have already filled in.
- What to bring with you to your appointment: Mask (cloth is fine), your own pen and paper if you need to write anything down, completed check (if you are paying this way), your own drinking water or tea (if you know you will want this).
- Please wait in your car or outside (with safe physical distancing) until I call or text you to tell you to come in. No one can accompany you to your appointment. Put on your facemask before entering the clinic. Ideally sanitize your hands before putting on your facemask.
- Upon entry, immediately wash your hands or use hand sanitizer.
- I will be taking your temperature with a contactless thermometer. If your temperature is above 99.9 degrees, I will not be able to treat you.
- After your session, please be sure to use hand sanitizer or wash your hands before leaving.

Precautions I will be taking:

- Limiting the number of daily appointments.
- Scheduling longer time between appointments to allow for thorough disinfecting and cleaning between treatments.
- No blankets will be used, but top sheets are available if desired.
- I will be wearing a mask, and will be taking my temperature daily.
- I will be wearing clean clothes and have a change of clothes with me to change into if needed.
- I will be washing my hands before and after an appointment, and sanitizing throughout the treatment session.

- Keeping a window or two open for ventilation (weather permitting).
- Using HEPA filters for air circulation and filtration.
- Anything that comes into contact with your skin during treatment will be sanitized between treatments.
- As always, each client will receive freshly laundered linens that have been washed at the highest temperature settings.
- All surfaces, door handles, light switches, etc. will be disinfected after each treatment.
- Per new “Best Practice” recommendations, I have removed extra table padding and many decorative items.

If you have any concerns or questions, or if there is anything else I can do to make you feel comfortable, please don't hesitate to reach out. The experience of receiving Five-Element Acupuncture is intended to be a safe, comfortable, healing, and regenerative experience. With your help, I feel confident that we can keep it this way.

Warmly,
Allie Dodge