

Office Policy regarding Illness and Coronavirus:

What we're doing:

* We are following the recommendations and regulations of The WA Dept of Health and Seattle Public Health much of which we were already doing like washing all linens in hot soapy water, strict handwashing routines, and sanitizing surfaces. <https://publichealthinsider.com/> and <https://www.doh.wa.gov/emergencies/coronavirus>

*I'm starting a routine of extra sanitizing frequently touched surfaces like doorknobs, light switches and even my cell phone.

*I got and recommend (getting the flu vaccine) so I don't also have that to worry about getting that on top of it.

*I'm using single-use towels for handwashing in the bathroom that are washed in hot soapy water after each client.

*We are staying open in our communication, therefore, if there are changes we will communicate about them as necessary.

*I'm doing my best to stay healthy as well so I am trying to limit things like handshakes & hugs, strict personal handwashing routines, and doing my best with eating/sleeping/hydrating.

*Here's some great handwashing facts and how to properly <https://www.cdc.gov/handwashing/when-how-handwashing.html>

and for fun - Wash-your-hands-ington <https://youtu.be/ztmSoNAzbB0>

What I'm asking for:

1) I'm asking everyone to wash their hands when they enter the office.

2) Please cancel an appointment if you're feeling ill. There's no fee for canceling or rescheduling an appointment because you're feeling sick.

3) Ask me if you have any concerns, questions about our routines or hygiene at our office.

4) Take care of yourself as best you can and those you love especially if they're elderly or have other health conditions.

5) Consider learning more about transmission and preparedness and proper handwashing. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

and opinion pieces https://www.susanraffo.com/blog/coronavirus-climate-change-and-community-care?fbclid=IwAR1PVUzEqZu9coE_w_VRpTdhNce5CZ1yCvgVt0NVowfszB3U3gEn_zGJR5E or

<https://medium.com/@amwren/forget-about-the-death-rate-this-is-why-you-should-be-worried-about-the-coronavirus-890fbf9c4de6>