



Natural Health Consultancy

Covid 19 Policy and Procedures

Introduction

According to current evidence Covid 19 is primarily transmitted between people through respiratory droplets, generally over short distances. This can be in the form of sneezing, coughing or speaking. Transmission may also occur by touching surfaces or objects which are contaminated with the virus. The virus can be present in persons who have no symptoms. The risk of transmission is related to the prevalence of the virus in the local community.

We are committed to ensuring our practice is as safe as possible from the risk of transmission of the Covid 19 virus. We are following Government guidelines for the operation of our business. Our policy and procedures will be kept under constant review to ensure we are following the best possible practice.

Procedures at the Natural Health Consultancy

We have introduced the following procedures to minimise the risk of infection.

At the time of making the appointment or shortly afterwards we will confirm that neither you nor any members of your household

- are showing symptoms of Covid 19 or any other infectious illness. Symptoms of Covid 19 are a high temperature, a new and continuous cough and/or loss or change to the sense of smell or taste.
- are self isolating because you have been in contact with someone who has the virus.

Please contact us prior to your appointment if your circumstances change. If necessary we will cancel your appointment with no charge.

We will stagger appointments so no two clients will be in our waiting room at the same time. The air in our clinic will be purified before, during and after your session using our HEPA type machine with UV-C light

When you arrive for your appointment we will

- Ask you to sanitise your hands using the products supplied or you can bring your own.
- Establish your oxygen saturation levels are within normal range (above 90%). The therapist will do the same. Both client and therapist will confirm that they are not experiencing symptoms of Covid 19 or are feeling unwell in any other way.
- Ensure you have a mask to wear during your consultation. Please bring your own mask to the session.

Procedures during treatments

Your therapist will wear appropriate Personal Protective Equipment (disposable apron and mask).

The treatment table will be protected by disposable paper roll which will be replaced after each client. Head and face rests will also be protected with paper roll.

In the case of massage or other therapies where the removal of your clothes is necessary, they will be stored in a plastic bin.

At the end of the session your therapist will open the door of the treatment room and escort you to the front door.

Procedures after treatments

Surfaces which the client may have touched will be wiped with sanitiser.

Waste will be disposed of in waste storage bags.