

Sarah Nolan :

from July 2020

Guidelines for attending for acupuncture treatment

Before the appointment

- Once contact has been made and an appointment booked, we will arrange a time for a prior consultation on Zoom, WhatsApp video or by phone. This will screen for Covid-19 symptoms and provide the consultation time.
(15-30 minutes for existing clients / 60 mins for new clients).
- These guidelines and a self -declaration consent form will be sent when an appointment is made. Please return consent form electronically or bring signed paper copy on the day. (Paper copies also available on the day if necessary)
- Please bring consent form or own pen, blanket to keep you warm during treatment and your own water.
- Please provide yourself with a new single use medical mask as found on sale in chemists (note NOT PPE standard) or I can provide one for £1.00.
- Please let us know and cancel your appointment if any Covid-19 symptoms develop or if you have been exposed to anyone with symptoms in the previous 14 days.

Arriving for your appointment

- Please don't arrive too early as the waiting room is not in use. Please wait in your car /outside until I phone you.
- I will ask again about Covid-19 symptoms and open the door for you to enter, wearing your newly put on face mask. Please bring your pen, blanket, water as required.
- I will take your temperature at the door, on your forehead with a non-contact thermometer.
- I ask that you wash your hands on arrival, either in the toilet or in the sink in my treatment room. Hand sanitiser can be used as an alternative.
- Paper towels available for hand drying.
- In the treatment room, we will have a brief conversation to check in and proceed straight to the acupuncture treatment.

During the appointment

- I guarantee to use a new IIR mask for every client and if it is removed for any reason.
- I guarantee to be regular and diligent with my hand washing routines and use of hand sanitiser.
- I guarantee to clean and disinfect the treatment room to high standards between each client, including door handles, taps and sanitiser bottles.
- The soft coverings on the couch will not be there, but disposable tissue couchroll will continue to be used.
- A 2m distance will be kept as much as possible, and the time spent closer than this (ie during needling) to be minimised to less than 15 minutes with PPE in place.
- With needles in place and comfort assured, I will leave you for the required time, most likely 20 minutes.
- Upon my return the needles will be removed and the session completed.
- Payment by bank transfer would minimise any risk from cash or cheque. My bank details are Sarah Nolan : SC 09 06 66 Acc 4010 5503. Many thanks.

If you have any queries or concerns
I'm happy to talk on 07906 747 213
or contact me at snolan481@live.com

Best wishes
Sarah