

SALISH SEA PHYSICAL THERAPY Covid-19 Procedures

Salish Sea Physical Therapy is committed to keeping you healthy, safe, and informed. Please take a moment to read our Covid-19 procedures before attending an in-office appointment.

SALISH SEA PHYSICAL THERAPY Appointment Procedures:

- All patients must wash or sanitize their hands upon entering the clinic
- All staff & patients must wear a mask. Cloth masks are acceptable per the CDC
- No need to sign in. Please let the front desk know you are here for an appointment and they will check you in
- All equipment and surfaces are cleaned with a medical grade disinfectant after each use
- We perform strict regular sanitizing of common areas and surfaces
- Only staff & patients are allowed back into our treatment area
- Family members that do not need to come into the clinic are kindly asked to wait outside
- Doors and windows are kept open when possible to allow for increased ventilation and air flow
- Patient appointments are staggered to maintain a controlled setting with minimal interaction

Telephone and telehealth visits are also available.

How you can help:

- If you are experiencing symptoms, please call us immediately to cancel your appointment & contact your physician for a Covid-19 screening
- Practice physical distancing outside of Salish Sea Physical Therapy and always wear a mask when out in public places
- Wash your hands regularly or use an alcohol-based sanitizer if soap & water are not available
- Cover coughs or sneezes w/ a tissue or corner of your elbow. Dispose of tissue immediately & sanitize

Patient Screening Questions:

Have you...

- **Traveled during the last 14 days or been exposed to someone who has traveled?**
- **Had any symptoms of respiratory infection?**
 - **fever over 100.4 degrees, cough, shortness of breath, sore throat, runny nose**
- **Been exposed to an individual with known or suspected COVID-19?**

If you answered “**YES**” to any of these questions, please let our staff know immediately so we can reschedule your appointment. We will advise that you contact your physician for a covid19 screening and postpone therapy for 14 days or produce a negative Covid-19 test.

We appreciate your willingness to help flatten the curve on Whidbey Island

Wishing you good health,

The Salish Sea Physical Therapy Team

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