

Maria Cook LAc, EAMP Island Massage and Acupuncture 206-842-7706

maria@healingandmore.com www.healingandmore.com

Please stay home if you have a fever, cough, or have been exposed to Covid 19. Your temperature will be taken and a brief health survey will be completed before the treatment. You may be requested to leave if ill.

Please arrive on time for your appointment. Text me when you arrive in the parking lot and please **wait there in your car.** I will text you when you can enter the building. We are staggering patient arrival times and ushering patients directly into the treatment room after first washing hands. **Please wear a mask for the entire time of your visit.** Please limit your belongings to just your phone, keys, and check/cash payment method if you are not paying by cc or PayPal. Please leave jewelry, scarves, and extraneous possessions in the car.

Plan on talking by phone, skype, FaceTime or Zoom early in the day of your appointment so that **we can do an intake before you arrive.** My intent is to limit time together in the treatment room to no more than 15 minutes which will include a physical exam and needles as well as some other possible modalities such as cupping, gua sha, and moxibustion. If you want to limit the time together further, you may request needles only.

I will ask you in advance for your payment method. Either PayPal, credit card, check, or cash. If check or cash, please have payment ready with exact change or the check prepared before you come to the appointment so that you can leave your payment in the box without interaction. If you choose credit card, I will ask for your info ahead of the appointment and will enter it for you into my square account. If you prefer PayPal (credit cards work there), please make your payment before your appointment: <http://www.healingandmore.com/pay-online/>

We will no longer be using fabric sheets or blankets but **will be using disposable products** that will be changed with each patient visit with **ample disinfecting.** It will still be comfy and cozy! The table, plastic pillow case covers, and all surfaces will be disinfected in between patient visits. All high touch surfaces including door knobs will be disinfected in between patient visits. A list of pre-patient visit cleaning requirements will be posted and referred to in between each visit. The treatment rooms will have **air purifiers, fans, and open windows** with ample heat.

I will allow **time for cleaning and disinfecting** in between patient visits and will rotate rooms. Please be on time and respect the need to finish your appointment on time. I will be setting aside a good deal of time for each appointment so will have to charge a fee if you cancel without **48 hours notice.**

I will be masked, have a lab coat, apron, or something similar to protect you. I will not be wearing gloves but will be disinfecting my hands frequently. I will wear a face shield when in close proximity to a patient without a mask on, for instance when looking at a tongue.

I will do my very best to keep you safe, but there is of course still some risk. But getting treatments is very important as pain and the effects of stress decrease your immunity. Thank you so much for your trust and patronage. Our time to come together is very important to me and I appreciate it so much. I look forward to helping you feel your best!