

COVID-19 Policy Statement

We want to ensure we keep our patients, physiotherapists, admin staff and their families healthy during the current Coronavirus spread and the upcoming flu season.

Given the incredible speed with which COVID-19 is spreading and the daily changes to government/ health department recommendations starting the 16/3/2020 we asked that the Perth Hills Physiotherapy community strictly adhere to the following:

1. If you are at all unwell (with any cold/virus) we ask that you reschedule your appointment until you are well. **The practice is currently providing services to patients who are immune compromised and at high risk. We would be devastated if we contributed to the deterioration of their health in any way.**
2. If you have travelled **anywhere** or been in close contact with someone who has recently travelled, please call us to reschedule your next appointment.

As infection numbers grow we now also ask;

3. If you have had contact with someone who is being tested for COVID-19 please reschedule your appointment until after they/you have been cleared.

In House procedures:

We are taking every precaution to allow us to remain open as long as it is safe to do so.

- All staff are continuing to maintain frequent and thorough hand washing procedures.
- All persons entering the practice are to use hand sanitiser upon entry.
- We ask that you limit the number of people who come with you to your appointment.
- We are undertaking a strict cleaning regime to disinfect all door handles, chairs and frequently touched equipment / surfaces.

- All linen has been removed from our treatment table to allow disinfecting after each client
- Single use face barriers have always been provided for each client
- Please bring with you any theraband/tools currently used for your home program to assist in reviewing your exercises (we are implementing a strict single use policy for theraband).
- Our treatment room is a very spacious 16 m².

- Our studio is being cleaned after each use and all clients entering the studio must use hand sanitiser upon entry.
- All studio clients are asked to bring their own towel to assist with hygiene.
- Our studio sessions have a maximum of 4 people in the room, which has an area of 23m² (although the current 4m² regulation doesn't apply to this use, 5 people would be the maximum occupancy)

In addition to our infection control procedures we encourage you to follow the WHO general recommendations to prevent the potential spread of infection:

1. Washing your hands often (and for 20 seconds) with soap and water
2. Cough into your elbow or use a tissue to cover your mouth when you cough or sneeze
3. Avoiding close contact with others, such as touching, including shaking hands
4. Limiting contact with people who are sick, and staying home if you are sick (this includes our staff)

AND

Get 7-8 hours sleep a night to ensure your immune system is working at its best.

Finally, we are unsure when our opening hours will be affected so we encourage you to seek treatment early for acute musculoskeletal pain and our physiotherapists are working hard to ensure each patient has all the tools we can offer to continue their recovery at home.

We hope to be able to provide some services via phone or video conferencing, but we are still investigating how this service can best be provided. Our landline number will continue to be answered to the best of our abilities during business hours.



Kate and your Perth Hills Physio Team.