

COVID-19 Policy Statement

We want to ensure we keep our patients, staff and their families healthy during 2022 as COVID-19 enters the WA community. We understand this may be a stressful and concerning time for many. To ensure we are all safely able to access services this year, we have updated our COVID-19 policy and procedures.

The practice provides services to patients who are immunocompromised and at high risk. We would be devastated if we contributed to the deterioration of their health in any way. For everyone's safety we ask that you strictly adhere to our COVID-19 procedures:

- 1. If you are at all unwell (with any symptoms) we ask that you reschedule your appointment until you are well and have received a negative test result.** The current government recommendation is to have a PCR test done if you are unwell, regardless of whether you think you have been exposed to COVID-19 or not.
- 2. If you are a close contact and have been asked to have a COVID test, please contact us to reschedule your appointment until you have received your results and waited the appropriate isolation period.**
- 3. If you have been to an exposure site at the listed time and have been asked monitor for symptoms, please reschedule your appointment until you can confidently report you are not a risk.**
- 4. If you have had contact with someone who is being tested for COVID-19 please reschedule your appointment until after they have been cleared.**

**** At the time of writing this update 20/2/22 - Perth Hills Physiotherapy advise that if you are unwell we highly recommend a PCR test and may not be able to book you an immediate appointment if you have only had one negative Rapid Antigen Test.**

Check in:

Most people visiting our practice have an appointment. However, we ask that everyone entering our buildings check in using either Safe WA or Service WA to allow for ease of contact tracing.

Upon arrival all people entering the clinic will be screened for symptoms and possible exposure.

We request that all patients agree to a temperature check with our non-contact thermometer.

****Patients with a temperature $\geq 37.5^{\circ}\text{C}$ will be denied entry and advised to visit a COVID-19 clinic for testing.**

Mask Wearing:

Correct mask use is required for all appointments, ensuring full coverage of your nose and mouth.

If your mask appears ineffective, you will be issued with a surgical mask by our staff and required to wear it during your visit.

Proper mask use:

- Wash or sanitise your hands before donning your mask
- Please note: surgical masks are worn correctly when the blue side is facing outwards.
- Once fitted your mask should not be touched, if you need to adjust your mask please use hand sanitiser
- ****DO NOT remove your mask for any reason, including to cough or sneeze**

Vaccination:

Physiotherapy is covered by a vaccination mandate - all our staff are triple vaccinated.

If you would like to share your vaccination status, we will keep a record in case this effects the format in which we can deliver your treatment.

Infection Control Procedures:

We are taking every precaution to limit the spread of COVID-19 throughout our practice.

- 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 as our waiting room is very small.

- All cleaning is being undertaken using a product proven to eliminate COVID-19 within 30 seconds.
- We are undertaking a strict cleaning regime to disinfect treatment tables, equipment, door handles, chairs and frequently touched surfaces.
- Towels have become single use only
- Single use face barriers have always been provided for each client
- Please bring your theraband/tools currently used for your home exercise program with you to your appointment.

- Our studio is being cleaned after each hour 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.

Finally, we believe it is highly likely that our opening hours will be affected at some stage this year, so we encourage you to seek treatment early!

If we do have a closure or staff are unable to attend the practice due to quarantine, we will likely offer Telehealth consults again.

A handwritten signature in black ink, appearing to read 'Kate', with a long, sweeping horizontal stroke extending to the right.

Kate and your Perth Hills Physio Team.