



FYZICAL®

Therapy & Balance Centers

COVID-19 Notice

Our valued Clients and Patients,

Everyone is at risk for COVID-19. However, symptoms can range from mild to severe and may have different complications for each person. Older people, age 60 and above, and those with pre-existing medical conditions have a higher risk for serious illness from COVID-19. Examples of pre-existing medical conditions include: cancer, diabetes, heart disease or other conditions impacting the immune system's ability to fight germs. While older people and those with pre-existing conditions are at a higher risk, current MDH data shows that the majority of infections are in adults under 60 years of age. ***People of all ages need to practice social distancing to prevent the spread of COVID-19.***

Patients in the clinic are asked:

1. If you are having any signs or symptoms related to COVID-19, **DO NOT come into the clinic.**
What are the symptoms of COVID-19?
 - Fever
 - Coughing
 - Shortness of breath
 - In more severe cases, pneumonia (infection in the lungs). (1)
2. Please have a **mask or facial covering** while in the facility.
3. You will **wash your hands upon entering** the clinic and also before exiting. Follow posted signs for hand wash stations.
4. **Temperature check** will be recorded upon entering the clinic. If you have a fever, you will not receive therapy for that day. You will be asked to return after you are fever free for 24 hours, without use of medication.
5. You will be asked to sign this **waiver** to indicate that you understand what is required of you and the steps that we are taking to minimize any possible COVID-19 exposure in the center.
6. According to the CDC, Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. (1) Therefore, patients who are at high risk or immunocompromised are best treated by our **Telehealth Service** to reduce their risk of illness.
7. Practice social distance by avoiding large gatherings and maintaining distance (approximately 6 feet or 2 meters) from others when possible. (1)

Our commitment to our patients:

1. Support respiratory etiquette and hand hygiene for employees, customers, and worksite visitors by using masks.
2. Provide tissues and no-touch disposal receptacles.
3. Provide soap and water in the workplace at hand washing stations.
4. Place posters that encourage hand hygiene to help stop the spread at the entrance to clinics and in other workplace areas where they are likely to be seen.
5. Discourage handshaking – encourage the use of other non contact methods of greeting.
6. Direct employees to utilize the coughing and sneezing etiquette and clean hands webpage for more information. (2)
7. Maintaining and disinfecting all work surfaces between patients, using medical grade cleaning supplies.
8. Patients will be seen in the clinic, *only one at a time.*

I acknowledge I have read this document carefully and will proceed with treatment in the clinic. I acknowledge that the option of Telehealth has been presented to me.

Sign: _____ Date: _____

We all hope that the COVID-19 restrictions will be lifted soon and life will return to as normal as possible. In the interim, we are staying positive and trying to protect ourselves, our families and our community to the best of our ability. Thank you for trusting us and for choosing Fyzical Therapy and Balance as your service provider.

Sincerely,

Tim Garrison

Source References

1. https://phpa.health.maryland.gov/Documents/coronavirus_FAQ.pdf
2. <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>