



## Corona Office Visit Protocol

As of May 11, we can cautiously open for patients again - under different circumstances than what you are used to. We use a pre-screen checklist for COVID-19 symptoms. If we're confident you (or anyone in your household) doesn't have symptoms, we can proceed to book an office appointment, or otherwise decide to meet on live video. Patients with acute and severe issues will be given priority first.

### Before your appointment

- Complete the pre-screening & [book appointment](#). (An appointment is required.)
- If you have a cold or flu or don't feel well, do not come. We will postpone your session. This will not incur any cancellation fees.
- Please know that guidelines now require that:
  - **The toilet is not to be used during your visit**, except in absolute emergencies (vomiting, etc)
  - Beverages are not served as usual. Bring your own travel mug if you would like a cup of tea. Do not bring outside food or beverage containers that need to be disposed.
  - **Bring your own towels (2)** for any therapeutic treatments
- Payment is via the website link or bank transfer and therefore contactless.
- Please attend the appointment by yourself, or contact me in advance should you need to bring a family member.

### At your appointment

Together, we'll stick to the hygiene rules set out by the government:

- We can greet with a Namaste 🙏 instead of shaking hands
- Wash and disinfect your hands before & after the session
- Cough/sneeze in the inside of your elbow
- Keep 1,5 m distance to others
- Use tissue paper if you need to touch your nose, and dispose immediately

In accordance with the [guidelines of RIVM](#), it is not currently necessary to use PPE when treating *non-Covid-19-suspicious* clients, *even if treatment within 1.5 meters is required*. The official guidance is 1,5m rather than practitioner or patient wearing a mask.

So you are aware, certain diagnosis techniques will require us to be within 1,5m, including abdominal palpation, pulse and tongue diagnosis. Contact will be kept to a minimum, and hands washed afterward, or if you prefer, these techniques omitted. If you're at risk/vulnerable, or simply if you want me to, I'll wear a mask and/or gloves, and you are free to do the same.

Together we can minimize the risk & spread, and continue to have the privilege of meeting when we stick to the rules. Questions? Contact me at [info@atma-ayurveda.com](mailto:info@atma-ayurveda.com)