



CORONAVIRUS: RISKS INVOLVED IF ATTENDING A FACE-TO-FACE CONSULTATION.

Coronavirus is a novel virus that we are all learning more about on a daily basis. At present, there is no known vaccine, which means it is important you understand the risks involved if you attend a face-to-face appointment.

HOW IT IS TRANSMITTED:

- Coronavirus is spread primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks.
- People can catch COVID-19 if they breathe in these droplets from an infected person. This is why it is important to stay at least 1-2 meters away from other people.
- The air borne droplets can also land on objects and surfaces e.g. tables, door handles. If you then touch these objects or surfaces, then touch your eyes, nose or mouth you may contract the virus.
- This is why it is extremely important to wash your hands regularly with soap and water/ or clean with alcohol-based hand rub.

THE RISKS OF A FACE-TO FACE APPOINTMENT.

Face-to-face treatment increases the chances of you being exposed to the Coronavirus, because:

- When you leave your home, you come into contact with other people and surfaces that may be unknowingly infected.
- You come within 2 metres of the Therapist, who may be asymptomatic and infectious.

MINIMISING THE RISKS WHEN ATTENDING A FACE-TO-FACE APPOINTMENT

- Read and follow the 'Coronavirus: How to prepare for your face-to face appointment' guide provided by our clinic. You can find it on the website and in your appointment e-mail.
- It's compulsory that you fill out and return the 'Coronavirus pre-attendance screening form' 24hrs before your appointment.
- Remember there is always the option of a 'remote' appointment, which we recommend prior to a face-to-face appointment.
- Keep up to date with government advice e.g.
<https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>