



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

As we are sure you are aware, Coronavirus is a novel virus and we are all learning more about it 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. Which 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 guidance provided by the clinic – on the website and in your appointment e-mail.
- Fill out and return the ‘pre-attendance questionnaire’ 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/>