

Cairngorm Clinic

Appointment & Treatment Information (Covid-19)

V6

A full risk assessment has been carried out in line with guidance from the government, the Health and Safety Executive (HSE) and governing bodies. A Covid-19 policy has been put in place outlining the key measures that will be taken to reduce the risk of spreading the disease.

Appointments

- Available on - Tuesday, Wednesday, Friday & Saturday mornings
 - 45 mins £30.00 or 1 hour £36.00

I allow a gap of 30 minutes between each patient for room ventilation and thorough cleaning, so please bear with me in adhering to your treatment time.

Payment methods

Online bank transfer to:- Santander Bank, Mrs Wendy Munro (personal account), sort code: 09-01-33, account no: 67050609, with your name in the reference field.

Contactless card payment at the clinic via Zettle

Cash payment - please bring the correct amount in a sealed envelope.

Health Screening

- I continually monitor my own health and do twice weekly Lateral Flow Tests.
- I will contact clients the day before an appointment to do a Covid/health check. If any concerns arise, treatment will be deferred. This now includes the 'common cold' as symptoms are similar to the current Delta variant.

Day of Appointment

- If you feel unwell (common cold included) or think you have any Covid symptoms, please call me to defer your treatment. Then self-isolate and arrange a test. This can be done online at 'NHS Inform'. Or call 119 if you can't go online.
- Please wear clothing that is easy to remove, avoid wearing jewellery and refrain from bringing in unnecessary items. But do bring your phone in case I need to call you.
- **Our waiting room is NOT IN USE, so aim to arrive at the front door to the building just before your appointment time.** I will come down to meet you - no need to phone or text me. If the weather is poor and the door is unlocked you are welcome to enter and wait at the bottom of the stairs. (Please don't come up though out of consideration to the other offices on our corridor, thanks!)
- **Please wear a face mask.** This will need to be kept on throughout the session unless medically exempt. I can provide one if needed.

- I will be wearing PPE – face mask, and apron (and maybe a visor during treatment).
- On entering, I will offer you hand gel and check again that you feel well.
- **Toilet** - although Cairngorm Clinic has a designated toilet this will be kept locked and out of general use (unless urgent), so ideally use the toilet before leaving home.
- In the clinic room there will be a designated area for you with a chair, a container for your clothes and tray for your shoes.
- The clinic room, therapy table, equipment and public spaces will have been thoroughly disinfected, the room ventilated and all linen and covers replaced for each client. This requires a gap of 30 minutes between each patient so please bear with me in adhering to your treatment time.

After Treatment

- In the days following treatment, if you or I develop any Covid-19 symptoms we must let each other know straight away, and contact the NHS for a test.
- Please note that if requested by NHS Test & Protect I may be required to pass on your contact details.

If you have any questions please text or phone me on **07851 526001**