

Max Well Therapy COVID-19 Guidelines- 2/15/2022 For Patients

Protection:

All patients: must wear a mask when entering our clinic. Masks must be worn the entire time you are inside. If you are not able to wear a mask, please notify our office before you enter.

- Temperatures will be taken upon arrival and documented. (anything over 100.4 will be sent home)
 - Current patients: Screening questions will be asked for each visit
 - Wash your hands/use sanitizer before entering the clinic and when leaving
 - Avoid touching your face while at therapy
 - Only patients are allowed in the treatment areas
- exceptions:
- All minors are allowed one (1) parent/guardian, if needed
 - If therapist requests parent/guardian/caregivers to come back to learn home exercise program

Exposure:

If you are exposed to someone with COVID- 19 or suspected Covid, we ask you to notify us immediately, so we can determine when you can return to therapy safely. **Max Well Therapy staff will not ask your vaccination status, therefore we will assume you are not vaccinated unless told otherwise.**

1. If you are boosted, vaccinated in the last 6 months and have no symptoms
 - No quarantine
 - Wear a mask at all times in the clinic
 - Test on day 5 if possible (we cannot make our patients test)

2. If you not boosted, vaccinated more than 6 months ago, or unvaccinated and have no symptoms
 - Quarantine for 5 days
 - Can return to therapy on day 6, as long they have **NO** symptoms
 - Must wear a mask at all times in the clinic
 - Test on day 5 if possible (we cannot make our patients test)
 - If you cannot wear a mask, we ask you to continue to quarantine for an additional 5 days, and you can return to therapy on day 11, as long as you have **NO** Symptoms

If exposed, and you start having symptoms, we ask you not to come to therapy and notify us immediately.

*Exposure: within 6 feet for more than 15 minutes

Sickness:

If you have any of the following symptoms, we ask you to stay home and do not attend your therapy session. Please notify us immediately.

Symptoms:

- Fever over 100.4° or chills
- Persistent cough
- Shortness of breath/difficulty in breathing
- Fatigue
- New loss of taste or smell
- Sore throat
- Muscle or body aches
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Headaches

We encourage you to talk to your doctor, if you experience any of the above symptoms.

You may return to therapy

- 24 hours fever free (without medication)
- Symptoms must be improving

Testing positive for COVID- Patients (regardless of vaccination status)

- Stay home for 5 days
- Can return to therapy on day 6, as long as you are asymptomatic (NO SYMPTOMS & Fever free for 24 hours without medication) , if symptoms persist, stay home until you are asymptomatic.
- **Must** wear a mask at all times in the clinic
- If you cannot wear a mask, we ask you to continue to quarantine for an additional 5 days, and you can return to therapy on day 11 as long as your symptoms are improving and you are fever free for 24 hours without medication.