

## **Declaration regarding Covid-19 status**

As your practitioner I will take the following precautions – and you are asked to do the same:

Wear a mask

Use hand sanitiser at the start of your appointment

Have taken a Lateral Flow Test very recently - I am testing twice weekly and am double vaccinated. Should I test positive I would reschedule/cancel all appointments, you would agree to do similarly.

The room will be well ventilated prior with a 30 min gap minimum between bookings

During appointments windows will be open – **so you need to dress warmly**

Room and equipment surfaces will be cleaned between appointments.

Room is in a shared building of which the common areas are cleaned daily but I do not have any control over these areas - **you enter the building, use the loo etc at your own risk.**

### **In order that your booked appointment can proceed, please confirm that**

- You do not have a raised temperature, a new continuous cough, or loss of taste/smell – and/or otherwise do not feel unwell, (achey/tired/headachey)
- You have not been in contact with someone else who has, or has since developed Covid-19 symptoms within the last 10 days
- You have not travelled outside the UK within the last 10 days

plus

- You agree (if you are not already) to do Lateral Flow Testing either within roughly 12 hours of your appointment (if it is a single appointment) or regularly twice weekly if you are coming for a series of appointments and
- You agree that if you test positive you will reschedule your appointment (my usual cancellation terms (see website) are waived in this case)

### **To confirm**

- that you have read the above protocol
- understand the risks involved and that your safety from infection cannot be guaranteed
- still wish to come

**Please sign and return prior to or at the beginning of, your appointment. Thank you.**

**Signed**

**Date**

**Print Your Name**

**mobile number**

**Postal address**

**Email address**