

## **Wellness Centre Dumfries is a Covid Secure Centre**

### **As a Patient Visiting the Centre, we ask you to**

1. Arrive on time, not early, not late as it makes the running of the day much simpler for all.
2. Do not bring friends or family with you.
3. Wear a mask which covers nose and mouth.
4. Use the sanitiser before ringing the doorbell.
5. Complete the Covid Triage form just prior to your visit.
6. For your comfort you may bring your own blanket (we do have small blankets which are for single use)
7. If you have any symptoms such as a high temperature, sore throat, cough, loss of sense of taste or smell cancel your appointment. Also please do not attend if you have a cold or any other "bug" call for advice.

### **As a centre we will**

1. Make sure that we manage appointments in such a way that people are not mixing in the same space with less than two metres distance.
2. The rooms /chairs /couches etc will be sanitised after each patient and the window will be open for adequate ventilation.
3. We will allow each treatment room to sit empty for an hour after each patient with the window open for ventilation.
4. The Acupuncturist will wear a clean plastic apron and face mask for each treatment.
5. Hand washing, and sanitiser use will be enhanced.
6. The surfaces in the toilet and common areas will be sanitised after each patient.
7. We will not charge for missed appointments due to people having covid symptoms or having to self-isolate.
8. To cut down on contact time in the treatment room your initial consultation and follow up chat may be done by telephone / zoom prior to your visit. Herbal medicine appointments will be carried out on zoom.

### **Community Acupuncture**

**The same rules will apply in the community clinic and we ask that people respect the two-metre distancing rule at all times**

Thank you for your cooperation if we all play our part, we can stay safe and stay open

Best Wishes *Hypnotic A. Shamp*

