



HARRY HAMPSON
OSTEOPATHY

COVID-19 Update



What's changed?

Prior to your appointment

1) Under no circumstances will we knowingly allow members of the public /patients into the practice with cold and flu like symptoms that have not been tested for COVID-19. These include but are not limited to the most common symptoms such as a persistent cough, shortness of breath, and a temperature.

2) Patients with COVID-19 will not be treated at our practice and asked to stay at home in line with isolation and quarantine guidelines.

Triage - pre-appointment questions

We will contact all patients prior to their appointment to discuss their general health, their presenting symptoms, and their exposure to COVID-19 (be that they had it previously or family members).



In the clinic

Distancing

We will be limiting the number of people in the practice to:

- only one patient in clinic at a time
- only one practitioner treating in the clinic at a time
- avoidance of having a chaperone in the clinic room unless specifically required or desired by the patient.

Practice Hygiene

- We have professional cleaners performing a deep clean each week.
- Additional cleaning measures have been taken, these include:
- Frequent cleaning of contact surfaces such as the following but not limited to; door handles, toilets, card machines and chairs.
- Hand washing and sanitising will be encouraged on entry to the practice.
- Hand sanitiser will be available at reception and washing facilities will be available in practice toilets and treatment rooms.

Treatment

- All contact surfaces will be cleaned frequently.
- Plinth covers have been removed.
- Pillows have been replaced with washable and wipeable pillows.
- Plinths and pillows will be sanitised in between each patient.
- Hand washing and hand sanitation will be available in the treatment room.
- The practitioner will thoroughly wash their hands with soap before and after each appointment.



In the clinic

Payment

- Cash payments will not be encouraged.
- To help reduce contact via card machines, contactless payment has been introduced. Contactless can be paid using phone but there is a payment limit with card. If card machine use is required, this will be sanitised before use.
- Alternatively, we ask that you pay using bank transfer.

Personal- Protective Equipment

- Disposable gloves, high specification face masks, and wipeable aprons will be available to staff members and practitioners.
- We have single-use disposable masks for patients to wear for the duration of the session. If you have your own, that's great too.

Time to get pain-free

If you have any questions, or would like to arrange a consultation, feel free to get in touch! I'm always happy to chat.

You can also follow me on social media for helpful tips and exercises (icons below are clickable)



Email: osteoharry@gmail.com

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