



## Pathways Reflexology Home Visit Treatments

### COVID-19 ADAPTATIONS

from 12 April 2021



With the UK easing out of National Lockdown

I am returning to **Foot, Facial and Hand Reflexology** for **Clinic and Home Visit treatments**

from 12 April 2021

See the following pages for details of our Covid-safe measures

Please contact if you'd like to arrange an appointment or if there's anything you'd like to discuss

### Covid-safe **HOME VISIT** Guidelines for in-person treatments

Here are details of what I am doing to make your treatment as safe as possible for us both

I am closely monitoring advice from the government and my professional associations and have made some changes in how I operate, based on their best guidance.



The details below are for *Home Visit* treatment sessions.

*Clinic* treatment details are similar, with small variations. Details are available on request.

#### Before I visit

- I will email a short Covid-19 Questionnaire form when you book your appointment. Please complete this and return it to me ideally by the day before your appointment so that I can check that everything is in order for me to carry out your treatment.
- If you prefer, we can discuss by email or phone. The form should be signed on the day I visit.

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- **Please be aware that I cannot visit to provide your treatment if you - or anyone you have close contact with - has a raised temperature (37.8°C+)**

or any of the symptoms listed below (*contact if you need to discuss*):

- *a new continuous cough, shortness of breath or difficulty breathing*
- *a fever/high temperature or chills*
- *a new sore throat or a loss or change in your normal sense of taste or smell*
- *new muscle pain*
- *new marks, rashes, spots, bumps, or other lesions on your skin or toes*
- *any other symptom that gives you concern – please dial 111 for advice*

*OR if you've had a positive test result or been contacted by 'Test and Trace' and asked to self-isolate*

There will be no charge for a late cancelled appointment – just let me know and I will understand

- **Please wear a face covering when I visit:** current government guidelines suggest that this makes the treatment safer for you and for me.
- **If you are exempt, please let me know** so that I can take extra precautions to safeguard us both.

### When I arrive

- **I will bring as little as possible into the session** and limit phone use to emergency only.
- **I will bring my own hand sanitiser.** I will use this on the way in and out and before and after the treatment.
- **I will wear a 3-layer medical Type II face mask and a visor** for carrying out your treatment.
- **I will have clean, dedicated clothes** that I will put on before coming in and change when I leave.
- **I will bring my own stool, treatment couch or chair and any items - as needed for your session** and as agreed with you. All items will be sanitised before they are brought into your home.
- **If another person needs to be present, please discuss with me,** so we can ensure safety for all.

### When I leave

- **Please think about how you will pay.** Electronic bank transfer is advised (details on request).
  - **If you prefer to pay by cheque or cash,** please prepare the correct amount and place in a sealed envelope with your name and the date of your treatment written on it.
  - **Booking another appointment** may be done before I leave or by phone or email afterwards.
  - **Please keep your face covering on, if possible,** until I leave.



Thank you for taking the time to read this. If you have any questions, please do not hesitate to ask.

I look forward to seeing you for your Reflexology treatment when you feel ready for me to come.