



A Message from ONE TO ONE PHYSICAL THERAPY AND AQUATICS

As the concerns about the Coronavirus Disease 2019 (COVID-19) intensify, we thought it would be helpful to share what ONE TO ONE PHYSICAL THERAPY AND AQUATICS is or has been and is doing to make your therapy appointment as safe as possible.

The first step we took was to educate our workforce using validated resources such as the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), Occupational Safety & Health Administration (OSHA) and the US Department of Health.

The second step we took was to evaluate our ability to continue to provide services without increasing exposure risks to you, to our visitors and staff. As part of that process we made a list of questions to ask to ascertain if any of these individuals:

- Have traveled to China, South Korea, Iran, Italy or Japan or any other country with high COVID-19 incidents within the past 14 days;
- Have had any contact with anyone diagnosed with COVID-19, persons under investigation for COVID-19 or anyone with symptoms such as fever, cough and shortness of breath. The exposure could be to spouses, partners, family members, friends, work colleagues, social group members, fellow students, church members or any other persons or groups where there could be personal contact (within 6 feet).
- Have had any worrisome symptoms: fever, cough or shortness of breath in the past 14 days. If positive for symptoms we are asking them to contact their physician for guidance and if they are permitted to travel in the community to call the clinic prior to arriving.

The third step we took was to intensify our housekeeping & infection control procedures to assure that we have minimized contact with anything or areas that could harbor harmful bacteria or viruses. In doing so we are asking all individuals who enter our clinic to:

- Answer the questions noted above
- Apply our hand-sanitizer or washing hands prior to completing paperwork, signing-in for the appointment, taking a seat in our reception area or starting treatment
- Practice good hand hygiene (frequent handwashing) as well as good cough and sneeze etiquette (cover mouth with tissue when coughing or sneezing and deposit the tissue in a hands-free trash can or cover your mouth with your elbow if tissues are not immediately available).
- Apply our hand-sanitizer or wash hands when departing the clinic

The fourth step we are taking is to reconfigure our gym area to permit greater separation of patients.

The fifth step we are taking is to adapt our schedule to accommodate our immunologically compromised patients including but not limited to the frail or elderly.

The final step we are taking is to continue to educate our workforce and our patient community regarding the COVID-19. At this time there have been 97,975 cases of COVID-19 reported. Currently, there are 40,496 active cases, 34,017 (84%) are considered mild. The United States has 230 reported cases that are mild.

We will continue to employ procedures to minimize the spread of COVID-19 according to the CDC and other credible authorities and will keep you informed of any changes in protocols.

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