



## **PATIENT COVID-19 POLICIES AND PROCEDURES**

Sandia Sunrise Therapy COVID-19 guidelines are adapted from recommendations by the CDC and will be updated as needed.

### **MASK POLICY**

- Masks are optional, except for COVID-19 related incidents or if patients or caregiver are showing signs of illness
- If patient or caregiver do not have a mask, one will be provided
- Therapists will wear a mask if requested by caregiver
- Masks with vents or valves, gators, and bandanas are not permitted

### **TREATMENT**

#### *Checking-In*

- Patients will be required to sign a consent form acknowledging the risks of COVID-19
- Call or text the office, from your car, when you have arrived for your appointment to complete a COVID-19 screening
  - If you answer "yes" to any of the questions on the questionnaire, your appointment will be canceled or rescheduled as appropriate. Follow "Quarantine and Testing Guidelines" below
  - If you answer "no" to all questions on the questionnaire, your therapist will go out to meet you
- We do not have a waiting area, and in order to prevent disruption of therapy sessions, wait outside in your car
- Your therapist will walk outside to pick up/drop off patient at the start/end of the session
- Sessions will be limited to patient and only one caregiver
- Persons participating in the session must wash hands before the appointment

#### *During the Appointment*

- No outside food, drinks, or toys are allowed in the clinic
- Hand sanitizer will be made available throughout the clinic
- All equipment and items will be cleaned between every session
- The clinic will be sanitized regularly throughout the day

### **STAFF HEALTH SCREENING AND RESPONSIBILITIES**

- Staff will follow quarantine/isolation recommendations and testing guidelines
- Therapist will reschedule appointments or provide telehealth if appropriate
- Therapist will wash their hands prior to each session



## QUARANTINE AND TESTING GUIDELINES

### *Experiencing Symptoms*

- If symptoms are isolated (i.e., only a headache or only a runny nose, expect for a fever) and can be attributed to allergies, lack of sleep, etc. call our office to see if an in-person session is appropriate. Monitor symptoms and if they worsen, call the office to cancel or reschedule future appointments
- If patient is experiencing a cluster of COVID-19 symptoms, a COVID-19 test is recommended
  - If patient tests positive for COVID-19, follow “Positive COVID-19 Test” guidelines below
  - If patient tests negative for COVID-19, patient may return to therapy when they are fever-free for 24 hours without the use of medication and are no longer experiencing symptoms
  - If patient does not test, patient must wait 10 days since onset of symptoms, be fever-free for 24 hours without the use of medication, and be symptom-free before returning to therapy
  - Telehealth may be an option if patient and caregiver are feeling well enough to participate
- Testing must be completed at an approved NM DOH testing site or medical office
  - Results must include patient’s name and test date
  - At-home COVID-19 test kits will not be accepted

### *Positive COVID-19 Test*

- Notify our office as soon as possible if patient tests positive
- Patient must isolate for five days
- Patient may return to therapy if they are symptom-free without the use of medication and can wear a medical-grade mask that will remain over their nose and mouth for the duration of the session
- If patient cannot wear a mask, they must isolate for ten days following their positive COVID-19 test results before returning to therapy
- Telehealth may be an option if patient and caregiver are feeling well enough to participate

### *COVID-19 Exposure*

- If patient has had close contact or suspected close contact with someone with COVID-19, contact our office as soon as possible
- Patient must quarantine for ten days or have a negative COVID-19 test five days after exposure before returning to in-person services
- If patient tests positive, follow “Positive COVID-19 test” guidelines
- If patient tests negative and can wear a medical grade mask that will remain over their nose and mouth for the duration of the session, patient may return to therapy
- If patient does not test or cannot wear a mask, they must quarantine for ten days following their exposure to COVID-19 before returning to therapy
- Telehealth may be an option if patient and caregiver are feeling well enough to participate
- Testing must be completed at an approved NM DOH testing site or medical office
  - Results must include patient’s name and test date
  - At-home COVID-19 test kits will not be accepted