**COMING TO MY OFFICE:**

*We need to adapt our patterns to this new normal. Appointments will end on time to allow for sufficient time between patients to disinfect and prevent contact between patients. Please read the following carefully. If you anticipate any problems with adhering to them, please contact me.*

**EXPECTATIONS OF YOU:**

* Take your temperature the day of your appointment.
* Please put on newly cleaned clothes on the day of your appointment.
* Do not meet with people outside of your family prior to your appointment.
* DO NOT do any errands between leaving your home and arriving at my office.
* You MUST wear a mask. Please bring an appropriate fitting, effective, CLEAN mask. Please put it on while in your car before you come in. I may instruct you in adjusting the fit.
* Please write your check prior to arrival.

**WHAT I WILL DO**:

* I will wear a clean cloth mask or an N95 mask.
* I will wear a clean long shirt, or clean pants and shirt, so that you won’t be touching clothing that has touched other patients.
* I will wash my hands before and after treatment as well as after handling any laundry or other items that have come into contact with anyone else.
* I will disinfect all surfaces that have been touched, such as door knobs, faucets, toilet, & table.
* I will air out the treatment room.

**HERE’S HOW IT WILL GO:**

* Please arrive on time. Wait in your car until the time of your appointment. I will wave you in.
* You will then wash your hands and proceed to the treatment room.
* After the treatment, please open the treatment room door after getting dressed, and I will come with my schedule for any rescheduling.
* Leave your mask on until you are in your car or home where you can clean your hands again.