

# FREEFLOW THERAPY ANNA PRINSLOO

# HEALTH GUIDELINES

## FOR YOUR SAFETY

### COVID-19 Health Protocol for Anna Prinsloo Physiotherapy

This practice is adhering to the health guidelines of the Department of Health and the professional regulatory body for physiotherapists.

The therapist will:

- Wear a facemask
- Wash and sterilise her hands before and after every treatment
- Wear clean clothes for every treatment
- Screen her temperature daily before commencing work

The patient will be asked to:

- Screen themselves before attending an appointment and postpone if they have a temperature above 37 degrees, flu-like symptoms, sore throat or a cough
  - Use discretion and postpone the appointment if they have been in contact with someone who has recently travelled or is suspected of having COVID-19
    - Wait in the car until the scheduled appointment time
    - Wear a facemask at all times while on the premises
  - Bring their own towels (one small towel for the face, one large bath towel to lie on, one large bath towel or a blanket to keep themselves warm)
    - On arrival, place personal items, such as cell phones, on a tray (which will be sterilised between each patient)
    - Sterilise their hands on entering the premises
    - Fill in a consent form and sign a register before treatment
- Please note the therapist is required to screen you for symptoms of COVID-19 on arrival (this will be done verbally)**  
*The updated guidelines suggest every patient is screened for a fever when they arrive at the clinic, however the contactless thermometer has not arrived yet*

In the practice, the following hygiene practices will be undertaken **between every patient:**

- The treatment plinth will be sterilised
  - The treatment sessions will be spaced out to allow time between each session for the room to be ventilated
    - The room will be sprayed with a non-toxic, anti-microbial spray
    - Contact surfaces, such as handles, will be sterilised
  - Linen supplied by the practice, such as pillow cases and any additional towels, will be replaced with clean linen
    - The tray for patients' belongings will be sterilised
- Payment will be contactless via EFT