

COVID-19 SPECIFIC QUESTIONNAIRE

-Do you currently have COVID-19 or any symptoms of COVID-19?

Yes/No

-Have you had COVID-19?

Yes/No

-Does anyone in your household or support bubble have COVID-19 or symptoms of COVID-19?

Yes/No

-Have you been in close contact with anyone else in the past 14 days who has symptoms of COVID-19 or been contacted by the NHS Test and Trace service and told to self-isolate?

Yes/No

-Are you classed as an extremely vulnerable person (high risk)?

Yes/No

People at high risk from coronavirus include people who:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant

-Are you classed as a vulnerable person (moderate risk)?

Yes/No

People at moderate risk from coronavirus include people who:

- are 70 or older
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)
- are pregnant

Name:

Date:

Super Healthy Me
COVID-19 POLICY
13 July 2020

Super Healthy Me has performed a risk assessment in accordance with the latest government guidance and applied the following policy changes:

All clients MUST confirm they:

- Are free from Covid-19 symptoms,
- Have not been in close contact with anyone with symptoms
- Have not traveled within 14 days prior to the appointment to a country which would require them to quarantine upon return to the UK
- Have not been in close contact with anyone in quarantine

All clients MUST bring their own face mask and wear it during the entire length of their appointment

First time clients should fill out the health questionnaire online if possible and if not possible are kindly requested to bring their own pen.

To allow adequate time between clients for disinfection and room airing we will need clients to strictly follow scheduled appointment and arrival times. **New clients should arrive 15min before their appointment and regular clients should arrive 5min before their appointment**

Clients are asked to keep their carried belongings to a minimum (leave coat, bags etc. in a car)

When arriving clients should inform the therapist of their arrival by call or text. The therapist will open the door for them and welcome with hand sanitizer. PLEASE do not touch either the door or doorbell.

Once in the reception area clients will have their temperature checked by a non-contact infrared thermometer.

If a client exhibits a high temperature they will be advised to seek professional medical advice and asked to contact Super Healthy Me to reschedule their appointment when they have recovered.

When possible payment is appreciated at the time of booking. If not possible please have the correct fee at the time of the appointment.

Our £20 cancellation policy still applies if you cancel or reschedule in less than 24hrs however:

- If you have Covid-19 symptoms and can present proof of the test the cancellation fee will be waived.

If you have to pay cancellation fee, you can use remaining money towards your next appointment within next two months. You can also forward it to somebody else eligible for a massage in a form of voucher. There is no refund.

Everything in the treatment room not required for your treatment has been removed to facilitate disinfection procedures.

To reduce the surfaces which cannot be easily disinfected there will no longer be covers or pillows available for the massage bed or treatment. Should clients desire they are permitted to bring their own pillow and towel to the appointment.

Clients are allowed to bring their own bottle of water. Other drinks and food are not permitted. Currently therapists are not allowed to offer water or food unless an emergency.

If using the onsite toilet clients should familiarize themselves with the hand-washing technique poster behind the basin and follow the instructions accordingly. Please dry hands with disposable paper towels to avoid cross contamination

I have read, understood and agree to follow policy and Covid-19 policy.

Name:

Date: