



CAIRNGORM CLINIC

Covid Protocols for Osteopathic Appointments at Cairngorm Clinic

We know that most of the changes and restrictions relating to the covid-19 pandemic have been eased. However, we are still obliged, as a health care setting, to keep certain modifications in place, so that we can provide a safe environment for you, us, and our vulnerable individuals using the service.

Our responsibilities:

- To wear a surgical face mask at all times.
- To be diligent about hand washing and sanitizing.
- To disinfect all touch points between patients.
- To ventilate the clinic space whenever practical.
- To monitor our own health.
- To send you a pre-appointment reminder that will include enquiring if you are well enough to attend.
- To keep up to date on the latest guidance, so as to provide good infection prevention and control.

Your responsibilities:

- To wear a face mask during the entire appointment (unless you are medically exempt). One will be provided if necessary.
- If you feel unwell, even if it is 'just a cold', or you are showing any signs of Corona virus, then please do not attend. Let us know so that we can reschedule you. If any of your household, or close contact group, are unwell, then it would also be good to discuss rescheduling your appointment.
- To use hand sanitizer when directed.
- To not attend your appointment earlier than 5 minutes, so there is no, or very little, overlap between patients.

In the days following treatment, if you or us develop any Covid-19 symptoms we should let each other know. If you have any questions or concerns please just ask.