

# Updated COVID-19 Policy

C2 Your Health, PC  
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As our clinic continues to resume “in person” meetings, here are some ongoing recommendations:

1. If your clinician schedules you for a “in person” meeting and you would prefer telehealth, you are welcome to request telehealth to initiate a discussion of the options.
2. We are taking steps to minimize the risk of infection at C2 Your Health. These include:
  - a. We require staff and visitors to wear masks in common areas of the clinic. Once you are in an appointment, the decision regarding the use of masks is one for you to make with your therapist or physician.
  - b. We encourage all eligible visitors to get the vaccine both to protect themselves and those they come in contact with.
  - c. All of our staff have been fully vaccinated.
3. In spite of the above, there is still inherent risk of exposure to COVID-19 in places of public interaction. By coming to the office, you acknowledge and accept the potential risk of inadvertent exposure to infection including COVID-19 during your visit.
4. If we become aware of known exposure risk at C2 Your Health that may be relevant to you, we will notify you.
5. If you answer “yes” to any of the following questions, contact your provider before coming to the appointment:
  - a. Have you, or anyone you have regular contact with, had a cough, sore throat, loss of taste or smell, fever, chills, shortness of breath, or other illness symptoms in the last 7 days?
  - b. Have you had contact with anyone who has tested positive for COVID-19 in the last three weeks?
  - c. Have you had an overnight journey or a day trip out of town in the last three weeks to a place of high COVID-19 incidence?
6. Our expectations of your coming to an “in person” appointment include the following:
  - a. Wait in your car until your scheduled appointment time.
  - b. Wear a mask in all common areas of the clinic.
  - c. Maintain a 6 foot distance between yourself and other clinic visitors.
  - d. Children will not be allowed to wait unsupervised in the clinic during appointments.
  - e. If you learn after your appointment that you either had a known exposure prior to your appointment, or that you yourself have a positive COVID-19 test, let us know as soon as possible.