

1 Preparation Before Your Appointment



To return to treatment, there are some guidelines that you, your Chiropractor and their office staff must follow for everyone's safety.

Active Screening

- Will be conducted over the phone or through teleportal before your in-person visit and/or upon your arrival at the office

Passive Screening

- Please read and adhere to the instructions on the screening signage within your Chiropractor's office

Your Chiropractor will have:

- Installed signage and rearranged their office layout and flow for safe two metre distancing
- Removed all soft materials (magazines, toys etc.)
- Regularly cleaned and disinfected the office
- Minimized staffing
- Has appropriate PPE supplies for all staff
- Has created a safe patient flow schedule
- Has educated all staff with new return to work practices and requirements

Check List:

Before you arrive, **do you have a fever?**

If **No**, then contact your Chiropractor to book an appointment

If **Yes**, please do the following:

- Not attend in person at your Chiropractor's office for at least 14 days
- Complete the Ontario Government's Self-assessment
- Contact an appropriate medical authority to report your condition and seek treatment if necessary
- Your Chiropractor is required to report any suspected or confirmed cases



2 Your Visit



Physical Distancing

Everyone should remain two metres away from each other when in the office. Appropriate PPE (e.g. surgical/procedural mask) will be used when having your examination or treatment within two metres.

Hygiene

Hand hygiene is the most effective way of preventing the transmission of infections to patients and staff. Hands should be washed or hand sanitizer used when entering the clinic, and after leaving the clinic.

Your Chiropractor will:

- Follow the protocols of the Ministry of Health and Public Health Ontario for the use of PPE
- Have specific work clothes and home clothes and clean work clothes every day
- Wash their hands between each patient visit

Cleaning

Your Chiropractor will follow the cleaning and disinfection protocols from Public Health Ontario. This would include cleaning of all diagnostic and treatment tools and treatment surfaces between each patient visit.

Check List:

When at the office **you will:**

- Maintain physical distancing whenever possible – two metres
- Wash or sanitize your hands upon entering the clinic and as you leave. It is highly recommended to wash your hands again as soon as you get to your home
- Use contact-less payment and limit the exchange of paper (i.e. emailed receipt)



3 Monitoring for Symptoms



Continue to conduct ongoing regular screening of your health.

If you exhibit symptoms of COVID-19, please follow the advice of public health officials before infecting others. Your Chiropractor is required to report any suspected or confirmed cases.

Check List:

Common Symptoms

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms can include:

- Sore throat
- Hoarse voice
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose. Sneezing or nasal congestion