

Covid 19 Exposure Control, Mitigation and Recovery Plan

Elizabeth Rogers Pilates & Physical Therapy, PLLC will take a four pronged approach to Covid 19 exposure control, 1.) symptom assessment 2.) hygiene/cleaning 3.) masks 4.) social distancing. Elizabeth Rogers is the point person for updating and implementation of this Covid-19 exposure control, mitigation and recovery plan. We will educate all patients on all care options, including telemedicine, in-clinic visits and postponing care. We will work with each individual to choose the most appropriate and effective option. Pilates clients will also be educated on telepilates, in-studio sessions (duets, semi privates and privates), weekly virtual mat class and postponing training sessions. Per WA State guidelines, Pilates clients who are immune compromised or over 65 years old will not be scheduled until phase 3.

Symptom Assessment

Team members take temperature and self-assessment daily before coming to work. They are encouraged to make a thorough and honest evaluation of how they feel. Team members are prohibited from coming to work if they have temperature >99.9°F, vomiting or diarrhea in the last 24 hours, signs of respiratory illness, including cough or difficulty breathing or loss of taste and/or smell. If an employee has contact with someone who tests positive for Covid-19, they must quarantine for 14 days before returning to work.

New clients/returning clients will be screened via phone or email prior to scheduling. Clients will not be scheduled for in person PT or Pilates if they answer yes to questions 2-9. If they answer yes to question one, virtual PT and Pilates options may be considered. Screening will include:

1. Are you fully vaccinated? (Fully vaccinated is defined as being 2 weeks out from the final dose of your vaccine.) If you are fully vaccinated, you only need to answer questions 2-5.
2. Do you have any underlying health concerns, such as autoimmune disease or heart condition, that put you at greater risk of contracting Covid-19?
3. Have you had any symptoms of respiratory illness, including fever, cough or difficulty breathing in the last 10 days?
4. Have you had loss of taste and/or smell?
5. Have you had any vomiting or diarrhea in the last 24 hours?
6. Have you been in any large crowds/groups (i.e. >5 people outside your immediate family) in the last 10 days such as extended family gatherings, party, etc?
7. Do any of the adults in your household regularly have contact with people who are known to be positive for Covid-19 or may be positive for Covid-19 (i.e. such as working in a hospital or clinic)?
8. Are you or anyone in your household a caregiver for anyone who is at high risk for Covid-19, such as an elderly parent?
9. Have you traveled via plane, train or cruise ship in the last 10 days?

Screening of all clients to take place outside before PT appointments and Pilates sessions. Clients will be sent home and asked to reschedule if their temperature is over 99.9°F or they answer yes to any of the questions. Clients who are sent home due to screening results, will be charged \$75 late cancel fee.

Therefore, all patients should do self assessment daily, so that they may give 24 hours notice for cancellation. Screenings will include:

1. Infrared temperature scan.
2. Have you had any symptoms of respiratory illness, including, cough or difficulty breathing (not related to allergies) in the last 10 days?
3. Have you had loss of taste or smell?
4. Have you had vomiting or diarrhea in the last 24 hours?
5. In the last 10 days, have you been in contact with anyone who has tested positive for Covid-19?
6. Have you traveled by plane, train or cruise ship in the last 10 days? If so, are you fully vaccinated.

Hygiene/Cleaning Guidelines

1. If client completes paperwork in clinic, team member receiving paperwork will wipe clipboard and pen with alcohol swab.
2. Team member will wash hands after handling intake paperwork and payments.
3. PT patients may pay copay or deductible on our website before coming in for treatment to save time and lessen physical contact.
4. Clients and team members will wash hands with soap and water for at least 20 seconds before and after all sessions. Single use paper towels should be used for drying hands. Be sure to wait until all tasks, including payment are complete, before washing.
5. Hand sanitizer is available in treatment rooms, near front door and in Pilates studio for clients and team members. However, hand washing is always preferred.
6. Clean linens will be used with all clients and placed in soiled linen bag at the conclusion of treatment.
7. Team members and clients should always avoid touching their faces and practice cough etiquette.
8. Clients are asked to bring as few personal items as possible to the clinic/studio.
9. Clients are asked to come in the attire they will wear for their session, rather than changing at the clinic/studio.
10. Pilates sessions will last 50 minutes to allow time for team members to disinfect all equipment and high touch surfaces before next session.
11. PT appointments will last 45-50 minutes to allow time for team members to disinfect all equipment used and high touch surfaces.
12. Most surfaces will be cleaned with: [Protex](#) spray, which we allow to sit for 1 minute before wiping, per manufacturers directions. Those surfaces not cleaned with [Protex](#), will be wiped with Clorox wipes and allowed to air dry.
13. Absorbent surfaces (i.e. sticky mats, theraband, magic circle, neoprene handles, etc) used during PT treatments and Pilates sessions cannot be disinfected and cannot be sanitized. Clients' best safeguard is to not touch face when using these surfaces and to wash hands when done.
14. Bathrooms are cleaned regularly. High touch surfaces in bathrooms (i.e. faucet, door handle, toilet lever, etc) are wiped with disinfectant wipes midday.
15. High touch surfaces throughout the clinic, are wiped with disinfectant wipes midday.
16. Based on current data about disease transmission through aerosolization of feces and urine, we advise that you always close toilet seat before flushing and whenever possible do not use our restroom or other public restrooms. If you have to use a public restroom, wait 1-2 minutes after someone has used the restroom before you use it. We cannot change your risk for oral-fecal

disease transmission through sanitizing/cleaning. You must manage this risk yourself, by always closing the toilet lid before flushing. Thoroughly wash hands with soap and water after

PPE Guidelines

1. **PT patients and Pilates clients are required to wear mask that they supply.**
2. PT patients and Pilates clients may be allowed to take the mask off for brief periods when lying face down or positioned for an exercise in such a way that breathing is difficult or uncomfortable with the mask on.
3. Visitors must wear mask that they supply.
4. Team members are required to wear a surgical mask when working with clients. They may choose to wear an N95 mask and eye protection when treating client's cervical region or providing any other care that requires they be very close to the client's face.
5. Team members should dispose of surgical masks when they are soiled or not fitting properly or at the end of each shift, whichever comes first. Surgical masks should be hung on team member's assigned hook when not in use.
6. It is up to each team member to decide if they will wear gloves when providing manual therapy, as it affects tactile feedback for them and the patient. Disposable gloves are available to all team members.
7. Clients are advised not to wear gloves. Instead, they should wash hands with soap and water.

Social Distancing

1. Social distancing of 6ft will be maintained as often as possible by both clients and team members during PT treatments and Pilates sessions. However, there will be times, such as during manual therapy, when this is not possible.
2. All clients will need to proceed patiently and politely during entering and exiting our facility to allow themselves and others 6ft of social distance.
3. Visitors accompanying patients are limited to those essential for the patient's well-being and care.

Mitigation and Recovery:

1. If we learn that a client has become infected with Covid-19, we will contact our local health department for operation guidance and strictly follow the guidance provided.
2. If a team member becomes ill (with any illness) while at work, they will go home and we will disinfect the clinic before any other clients are brought into the clinic. This may require cancelling or rescheduling some patients.
3. Any team member who is directly exposed to Covid-19, at the clinic or elsewhere, will discontinue working and get tested for Covid-19. If positive, they will need to quarantine at home. They will need to obtain a negative Covid-19 test before returning to work.
4. If a team member tests positive for Covid-19, other team members who were exposed will need to obtain a negative test before returning to work.

5. If a period of quarantining is required of a team member, but they are not ill during this time (i.e. they are waiting on test results following an exposure), they may provide telehealth visits from home.
6. We will provide timely notification via phone and/or email to anyone who has been exposed and advise them to contact their PCP for guidance on next steps.
7. In the event we have a team member with suspected or confirmed Covid-19 illness, we will follow CDC cleaning guidelines to deep clean, which may involve closure of the clinic/studio location until it can be properly disinfected.
8. Team members are encouraged to contact Elizabeth Rogers at anytime to provide direct input regarding care delivery processes, PPE and technology availability related to expansion of care.