

Ongoing Covid-19 prevention:

- All team members are fully vaccinated.
- Urge all PT patients and Pilates clients to stay up-to-date on their vaccinations.
- Team members wash/sanitize hands before and after treatment/Pilates session and recommend that clients do the same.
- Cleaning of all surfaces between treatments with Protex.
- Use of air filters that clean the air in our treatment rooms and small studio spaces 5x/hour down to .3 microns.
- Clients and team members stay home if they are ill.
- Masking is optional for physical therapy and Pilates clients, and our team members, except for these two situations:
 - All clients and team members must mask if they have lingering cold-like symptoms, such as cough or runny nose.
 - All team members must mask when in close contact with patients such as when they are doing manual therapy on necks and shoulders.
- When clients get sick with a respiratory virus, the CDC recommends that they stay home and away from others. For people with COVID-19 and influenza, treatment is available and can lessen symptoms and lower the risk of severe illness. The recommendations suggest **returning to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication.**
- Once people resume normal activities, they are encouraged to **take additional prevention strategies for the next 5 days** to curb disease spread, such as taking more steps for cleaner air, enhancing hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses.
- Team members with mild-moderate Covid infection who are not moderately-severely immunocompromised, may return to work after the following criteria are met:
 - Day 5 since symptom onset (Day 0 is first day of symptoms.)
 - At least 24 hours have passed since last fever without the use of fever-reducing medications
 - Symptoms (e.g., cough, shortness of breath) have improved
- Team members who have had Covid will continue to wear a mask thru day 10.
- Continue to update policies based on guidance from local government and the CDC.

Please contact Elizabeth Rogers directly with any questions or concerns. She is available via clinic phone (206-535-7356) and email (elizabeth@elizabethrogerspt.com).