

# CAMA's COVID-19 Safety Plan

**Purpose:** This plan is the foundation to ensure CAMA operates in a manner that is consistent with all applicable governmental directives and relevant guidance documents thus ensuring the safety and health of all occupants of CAMA.

## **Requirements:**

### **Patients**

- **Before Arrival**
  - All patients will be pre-screened by Elise
    - Patients will not be allowed on site if they exhibit any of the signs and symptoms of COVID-19
- **On Arrival:** Patient must have a mask. It must be worn at all times
  - If not, please ask them to step outside and provide them with one (Cost: \$5)
- **Temp check** with provided device:
  - If less than 100.4 patient can stay.
  - Otherwise patient must depart.
  - Ask patient if they would like a copy of the CDC guidelines for home care. If yes, text Elise.
- **Hand Cleaning:** each patient cleans hands on IoWipe for 10 seconds, uses the bathroom sink if they prefer or hand sanitizer
- **Payment:** If payment is taken, express that we prefer credit cards, but will take cash or check. Use wipe or hand sanitizer to clean hands after processing payment.
- **Interview Process:** Takes place in waiting room chairs with social distancing (no consult room use)
- **Social Distancing:** Distance of 6 feet. Practice throughout the visit as much as possible (patients seen every 45 minutes to address this as well)
- **Additional Precautions:** Ask patient to touch as few surfaces as possible; there will be no tea nook service at this time to minimize frequently touched surfaces. **High risk patients** (elderly and those with co-morbidities are encouraged to book on Tuesdays if possible).

### **For practitioner**

- **Notify:** Text Elise if you have any symptoms and go (or stay) home
- **Temperature:** At the facility, start with a temp check. Yours must be 100.4 or less to remain. If you must leave, contact Elise.
- **Masks:** You must wear a mask at all times; wearing gloves is optional, but they are available. Ideally bring your own mask, but extras will be on hand. **Your own mask**

**must be non-woven (not cotton or the like).** Test by trying to blow out a candle with mask on. If it blows out, your mask is not sufficient.

- **Hand cleaning:** Clean hands with soap, iowipe (10 seconds) or sanitizer before treatment. Use wipe also for other tools, if utilized. Clean hands anytime during treatment if necessary (always err on the side of caution).
  - Always clean hands after each patient
- **Sheets/Linens:**
  - Use a clean sheet between each patient.
  - Place in collection container after changing.
  - Sanitize hands after changing of linen.
- **If a side position is optimal**
  - Use support pillows.
    - If used, change pillow-cases between each patient.
- **Social Distancing:** Keep your distance from their head when needling, as much as possible.
- **Use of Face Cradles:** When used, dispose of disposable cover, as before, and replace cotton cover with a new one as well. Place cotton cover in bag on countertop in treatment space. Wipe down any area where patient hands may have touched while in cradle.
- **Use of space blankets**
  - There will be no use of these items at this time.
- **At end of shift**
  - Sanitize your hands
  - Take your mask home and clean before next use

## Facility and Supplies Cleaning

### Daily Cleaning Checklist upon departing

Wipe down with supplies provided:

- reception desk (and keyboard if used by receptionist or practitioner)
- chair arm rests in waiting room
- doors where patients may have touched
- paper towel dispenser in bathroom (otherwise bathroom is touch-less). Note that disposable toilet seat covers are now available
- needle cart tray

### Daily & Weekly Cleaning Checklist

All of the above, plus

- Countertop in treatment space
- Tea nook countertop

- General bathroom cleaning
- Wipe down treatment tables (as a precaution, since generally covered)
- Vacuum floors (weekly)
- Dump garbage (weekly or at  $\frac{3}{4}$  full)

## **Linens**

- Laundering & Delivery
  - Triple protection: The water temperature, detergents + ironing at 350 degrees yields inactivation of COVID-19
  - Sealed delivery container

## **CAMA Plan for COVID-19 Exposure**

- If an exposure is believed to have occurred, all affected staff and patients shall be notified immediately by text or phone call.
- The facility will be closed for 24 hours.
  - Windows will be opened.
  - Third party cleaning company will complete a deep cleaning using EPA approved supplies.
- Sick staff shall receive an email with CDC recommended guidance on home isolation
- All staff and patients who were in close contact (within about 6 feet for 10 minutes or more) with a person with a probable or confirmed case of COVID-19 from the period 48 hours before symptom onset to the time at which the patient isolated shall be notified by Elise.
- All potentially exposed individuals will not be allowed on site for 14 days and be symptom free for this time period.