



## COVID-19 & Contagious Illness Office Precautions

Health and safety is always our number one priority, and Iowa Family Counseling is taking the following precautions in keeping up with CDC recommendations in addition to local, state and federal guidelines to protect our clients, staff and community members, and do our part to help slow the spread of the coronavirus and other contagious illnesses (i.e. influenza, strep throat, etc).

- Encourage continued use of teletherapy for sessions and staff working remotely.
- All staff and clients are encouraged to continue wearing a face mask/respirator (N95) when in close proximity to others.
- Encourage respiratory etiquette, including covering coughs and sneezes, followed by washing hands and/or using hand sanitizer.
- Restroom soap dispensers are maintained and everyone is encouraged to wash their hands regularly.
- Hand sanitizer that contains at least 60% alcohol is available in the therapy rooms and throughout the office.
- Increased frequency of routine deep cleanings, with a focus on high-touch surfaces such as workstations, door knobs/handles, light switches, printer/copiers, keyboards, tablets, touchscreens and telephones.
- Tissues and trash bins are easily accessed and readily available. Trash is disposed of on a frequent basis.
- Avoid contact with people who have suspected or confirmed COVID-19.
  - In-person sessions are then to be conducted via telehealth when the client (and/or) therapist is symptomatic and pending COVID test results, or is confirmed with COVID and/or another contagious illness.
- Follow recommendations from CDC for isolation if you have suspected or confirmed COVID-19, and/or are exposed to someone with COVID-19.
  - Recognize symptoms.
- Strongly suggest staff stay up to date on vaccinations, including recommended booster doses.

For any questions surrounding our procedures or safety precautions, please contact our office at:

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