

# Help us help you to stay healthy!

## Practice good hygiene



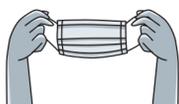
**Use non-contact greeting methods**



**Wash hands** with soap and water for 20 seconds before your appointment and after blowing your nose, coughing, sneezing or using the restroom



**Avoid touching your face** and cover your coughs and sneezes using your elbow or tissues provided



**Wear face coverings and maintain your distance** in waiting areas



**Discuss options** with your service provider to stay outside or in your car until your scheduled appointment time

## Help us keep surfaces clean

Please **use and discard toilet seat covers** in the waste basket after use.



We use alcohol-based wipes and sprays as well as bleach-based products to keep surfaces disinfected. Use wipes provided to **clean surfaces you have touched**, including doorknobs, light switches, toilets, faucets and sinks.



## Reschedule if:

- You are **feeling sick**, experiencing cough, fever, difficulty breathing or fatigue
- You have a **sick family member** at home



## Take care of your emotional health

This time is stressful for everyone. Please be patient with us as we adapt our practices to support you. **Reach out** to [www.readynapacounty.org](http://www.readynapacounty.org).

As I slowly open to seeing clients in person, I ask that all clients seeking in-person therapy agree to follow minimum requirements for outpatient settings including:

1. Provider must wear appropriate PPE at all times, per CDC and government authorities.
2. Clients should wear masks or cloth face coverings, especially when it is not possible to maintain adequate social distancing for six feet or more.
3. Clients and provider will use hand sanitizer provided upon entering and leaving office and/or building.
4. Clients and provider will respect social distancing, meeting outside in courtyard when able, and from a distance of six feet when inside office.

I will be limiting the number of in-person appointments to further reduce risk.

Thank you for your patience during this process.

Jennifer Hampton, LCSW  
Moxie LCSW Corp.  
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