

COVID-19

Infection Control Policy for Manual Therapy Offices

Prepare

01

Check with your local public health authorities to identify locations designated to triage suspected patients so exposure is limited in general medical offices. Contact info:

Local Health Department _____

Triage center _____

02

Ensure an adequate supply of personal protective equipment (PPE) gloves, disposable gowns, protective eyewear, and NIOSH-certified N95 respirators that have been properly fit-tested.

03

Post front-door and office signage that informs patients to notify personnel immediately if they:

- Have suspicious symptoms (fever, cough, and difficulty breathing)
- Have been in close contact with someone infected by COVID 19
- Have recently traveled to areas with high infection rates

Protect

01

Any patient presenting with signs of infection (e.g., fever, cough, and difficulty breathing) should be given a breathing mask, isolated, and directed to immediately contact a triage facility or the nearest hospital for guidance.

02

Maintain distance (>1-2 meters) between patients with signs of COVID-19, yourself, and other patients or staff. Once the patient exits the clinic, conduct surface disinfection while staff continues to wear personal protective equipment (PPE).

03

Maintain records of staff-patient contact, i.e., who was assigned to work with the patient, either in a log or in the medical record. Contact the local or state health department to report suspected cases and determine if the staff needs to be tested.

Prevent

01

Wash your hands often with soap and water for at least 20 seconds, especially after touching patients, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.

02

Avoid touching your eyes, nose, or mouth with unwashed hands.

03

Cover your nose and mouth with a tissue when coughing or sneezing; throw used tissues in the trash. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.

04

Disinfect treatment tables, particularly facepieces and armrests, between each patient/ office visit.

05

Clean and disinfect frequently touched surfaces regularly. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, and countertops.

06

Clean and disinfect all hard surfaces daily, i.e., counters, floors, and bathrooms.

07

Stay home if you are sick, except to seek medical care.

References

1. CDC. *Evaluating and Testing Persons for Coronavirus Disease 2019 (COVID-19)*. Accessed on 3/15/2020 from: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-criteria.html>

2. American Red Cross. *Coronavirus: Safety and Readiness Tips for You*. Accessed 03/15/20 from: <https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html>