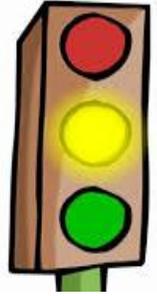


# Yellow Light for Return to In-Clinic Sessions!



On May 26, 2020 the Ontario Ministry of Health announced a new Directive #2 allowing Regulated Health Professionals, such as Physiotherapists and Massage Therapists to return to a gradual return to in-clinic sessions. It is important that you understand that this is a yellow light to return to in-clinic care, not a green light. I have missed treating you in person and understand that you have missed the hands-on care that we provide. I wish nothing more than to go back to our regular sessions, but it is imperative that we don't fully delve into old practice just yet.

So, what does a yellow light mean? It means we proceed with caution. It means that we can see you in-clinic but that the session may look different or progress differently than before. You will need to pass the COVID-19 screening tool verbally on the day of scheduling your appointment and the day you arrive for each appointment. You will need to sign a copy of the screening tool digitally to attest that you have read and understand the tool and as a base line screening if you are attending for in-clinic visits. This tool can be found and submitted by a link on our webpage: [www.mariposaphysio.ca](http://www.mariposaphysio.ca). It may mean that we suggest you utilize telerehabilitation instead or in-clinic sessions, or a combination of the two. Your plan of care will be decided with your treating practitioner. I have attached a list of what I have done in clinic to ensure yours and our safety for the prevention of the spread of COVID-19. We have many policies and procedures in place; and these may need to be amended periodically as the situation of the pandemic changes. For instance, the number of cases in Orillia and surrounding area may influence our schedule and procedures. It will be mandatory for you to wear a mask when you arrive for your appointment and for the full duration of the time in the clinic. You will be asked to wash your hands/sanitize minimally on entry and exit from the clinic, but encouraged to do so often while on site.

You need to understand that although we have made every effort to ensure our collective safety which is our highest priority, there is no way that we can guarantee that you will not be exposed to COVID-19 at our Facility. You need to clear yourself honestly for not only COVID-19 but for any other risk factors you may have. Being over the age of 65 years, having previous co-morbidities such as Diabetes, heart conditions and poor immunity conditions like COPD (not an exhaustive list) are some examples that may put you at higher risk and be suggestive that a telerehabilitation appointment is more appropriate over in-clinic sessions. An in-clinic session will include being closer than the recommended social distancing of 6.5 feet with your Therapist. It is for all these reasons that there is inherent risk in attending for in-clinic treatment that you must decide if it is the right decision for you and that you will be asked to sign a waiver prior to attending the clinic. This waiver can be conveniently found and filled out on-line and sent directly to us from the link on our webpage at: [www.mariposaphysio.ca](http://www.mariposaphysio.ca). Alternatively, the forms can be emailed to you & you can return them electronically.

Please see attached documentation noting a summary of our policy & procedures that I have put into place at the clinic, as well as how to make your own face mask and proper usage and care, and how to wash or disinfect your hands. If you have any questions or concerns about your care, returning to the clinic or our policies please reach out to us. Our contact information is below.

If you become symptomatic or do not pass our screening tool, please go to this link for the Ontario Ministry of Health and take their self assessment: <https://covid-19.ontario.ca/self-assessment/> and it will direct you if you need to call your Doctor or call Telehealth Ontario at: 1-866-797-0000; please also call or email us to let us know.

Yours in Health,

Kelly Spears PT  
BPhEd, BHScPT, MCIScPT (manip.), MCPA, CAFCI, CDT, FCAMPT  
Orthopaedic, Lymphedema & Pelvic Health Physiotherapist, Clinic Owner



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COVID-19: RETURN TO IN-CLINIC VISITS

## COVID-19 PROCEDURES TO KEEP YOU SAFE

- We are screening all people coming to the clinic with the COVID-19 screening tool as set out by the Ontario Ministry of Health to be sure we are not allowing high risks individuals into the clinic space, this will be done verbally by phone upon booking & every time you enter the clinic, please answer honestly. Base line test needs to be completed via the website: [www.mariposaphysio.ca](http://www.mariposaphysio.ca) prior to first in-clinic appointment
- Every staff member must also screen negative prior to entering the clinic
- Increased our already stringent disinfecting practices to ensure all high touch areas are thoroughly disinfected after each entrant into the clinic and minimally three additional times daily
- Asking each person to wash their hands/use hand sanitizer immediately upon arrival at our various pump stations or two hand washing stations, as well as upon exit and suggest frequently while in the clinic
- Enforcing a one-way entry and exit into and out of the clinic to avoid cross traffic and to assist with post entry disinfecting of the doors and waiting area
- Asking for payment and appointment re-booking on entry so there is no back tracking in the clinic once your appointment is complete.
- We already had contactless payment options in place but are strongly urging you to use this as your first choice of payment as able (we accept DEBIT, VISA, Mastercard and American Express), if you don't have a card option or if we are doing telerehabilitation, we will also accept e-transfers. Payments are due at the time of your session for both in-clinic and telerehabilitation sessions.
- Book your appointments on-line, by phone or email to avoid extra time in the clinic and again for no back tracking once your appointment is complete
- Allowing only two persons with physical distancing in the waiting area at once. We have removed all unnecessary items such as magazines, chairs etc. Stand on the X's as in the diagram below these are more than 9 feet apart.
- Please do not bring extra items with you except what is necessary & refrain from leaving items in the waiting area, this includes friends and family unless we are treating a minor or it is medically necessary to have the assistance
- We recommend waiting outside until your appointment time; to minimize your time in the clinic and avoid cross traffic of people
- We are booking patients on a staggered schedule to avoid back to back appointments and allowing time for extra disinfecting of all areas and equipment
- We already use a Health Ministry approved disinfectant that is effective against viruses and strictly enforce the proper cleaning and disinfecting methods
- We are utilizing PPE as directed by our Regulatory College & the ON. Ministry of Health for yours/our protection
- You are required to wear a mask upon entry to the clinic, this can be home made. If you don't have your own mask, we will provide you one for a nominal charge (see attached for easy to use instructions on how to make your own)
- We have a see-through barrier up at the administration desk to minimize contact with our administrator
- We will use the email you consent for us to use as much as possible to deliver your forms, exercises and receipts to avoid unnecessary paper shuffle and exposure
- We have signage in the clinic for proper hand washing/sanitizing and attached it here for your review. We recommend regular hand washing and disinfecting while in the clinic and ask that you practice good hygiene habits (cough or sneeze into your sleeve or tissue, don't touch your face and wash your hands for the appropriate amount of time (20 seconds with soap/water & use our disposable & environmentally friendly paper towel)
- The gym will be used only with the treating therapists' supervision and not independently at this time. There is a maximum of 2 patients in the gym area at one time and they must stay on opposite sides of the dividing red line as indicated in the diagram below. There will be no independent time allowed in the gym space, you must be accompanied by your Therapist. This will ensure that the equipment used or touched will be immediately disinfected post use and that there is no interaction between people.
- We continue to offer telerehabilitation sessions as an option of care when it is inappropriate or not possible for you to attend in-clinic sessions (this may continue if you are in quarantine or if you have other health conditions that makes it safer for you to stay in your home, or if you are over the age of 65 years). Currently the College of Physiotherapists of Ontario is recommending that this method be used as often as possible. Therefore, your therapist may suggest it for your ongoing care or suggest a hybrid model of care where you utilize a mixture of both on-site and telerehabilitation sessions.
- We are continuously staying current with the Ontario Ministry of Health and the College of Physiotherapists of Ontario guidelines. We thank you for your patience and your understanding as changes will likely to occur to these guidelines. This is a novel situation and one that is fluid and ever changing and we will do our best to serve you to the best of our ability and to the same high standards we have always done.
- Never hesitate to reach out to us by phone or email should you have any questions or concerns about your care or our policies and procedures.
- We look forward to assisting you in any way we can!



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COVID-19: RETURN TO IN-CLINIC VISITS

## How to Wear a Cloth Face Covering—Centre of Disease Control and Prevention



Cloth face coverings should:

- fit snugly but comfortably against the side of face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape
- always wash your hands before putting a mask on and after removing one



### CDC on Homemade Cloth Face Coverings

[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission or in close contact with someone.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials are easily made and low cost. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

You should wash your cloth face coverings after every use with hot water setting and then thoroughly dry them on the highest heat setting on your dryer.

Remove your mask by the ear loops or ties and avoid touching your eyes, nose, and mouth when removing their face covering, or the front of the mask and wash hands immediately after removing. If disposable place it in a plastic lined garbage receptacle, if reusable place it immediately in the laundry. Do not touch it after removing it. If you do touch it immediately wash your hands.



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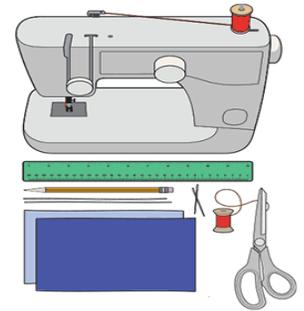
COVID-19: RETURN TO IN-CLINIC VISITS

# Sew and No Sew Instructions for self made masks

## Sewn Cloth Face Covering

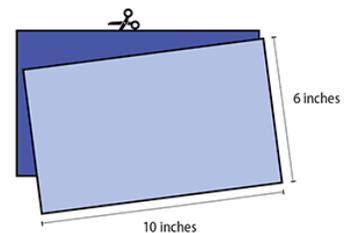
### Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

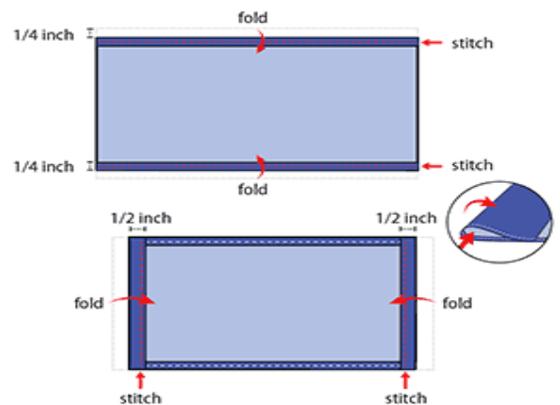


### Tutorial

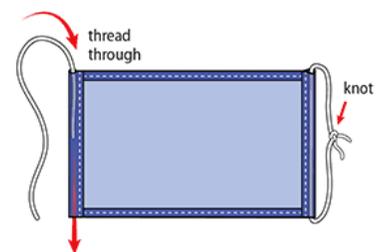
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric



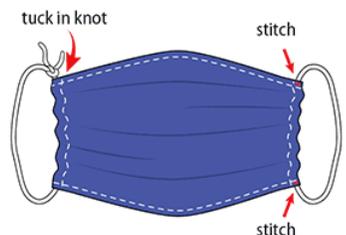
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

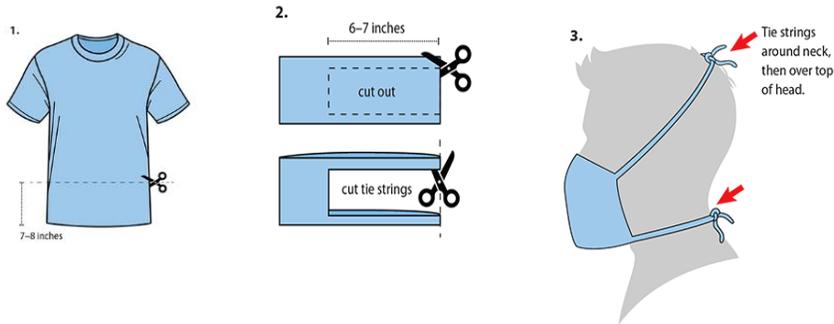


## Quick Cut T-shirt Face Covering (no sew method)

### Materials

- T-shirt
- Scissors

### Tutorial

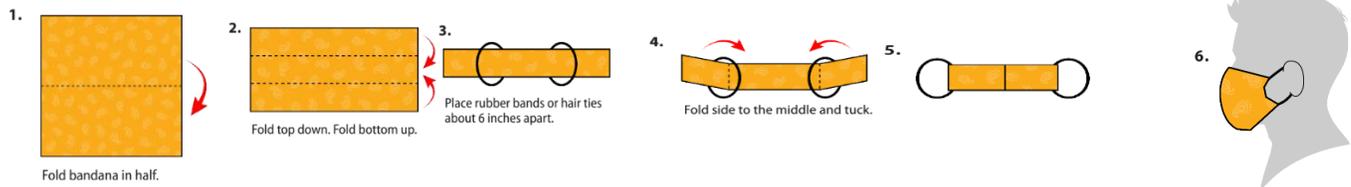


## Bandana Face Covering (no sew method)

### Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

### Tutorial



# How to handrub

Rub hands for 15 seconds



Apply 1 to 2 pumps of product to palms of dry hands.



Rub hands together, palm to palm.



Rub in between and around fingers.



Rub back of each hand with palm of other hand.

Rub hands for 15 seconds



Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



Rub hands until product is dry. Do not use paper towels.



Once dry, your hands are safe.



For more information, please contact [handhygiene@oahpp.ca](mailto:handhygiene@oahpp.ca) or visit [publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)



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# How to handwash

Lather hands for 15 seconds



Wet hands with warm water.



Apply soap.



Lather soap and rub hands palm to palm.



Rub in between and around fingers.

Lather hands for 15 seconds



Rub back of each hand with palm of other hand.



Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



Rinse thoroughly under running water.



Pat hands dry with paper towel.



Turn off water using paper towel.



Your hands are now safe.



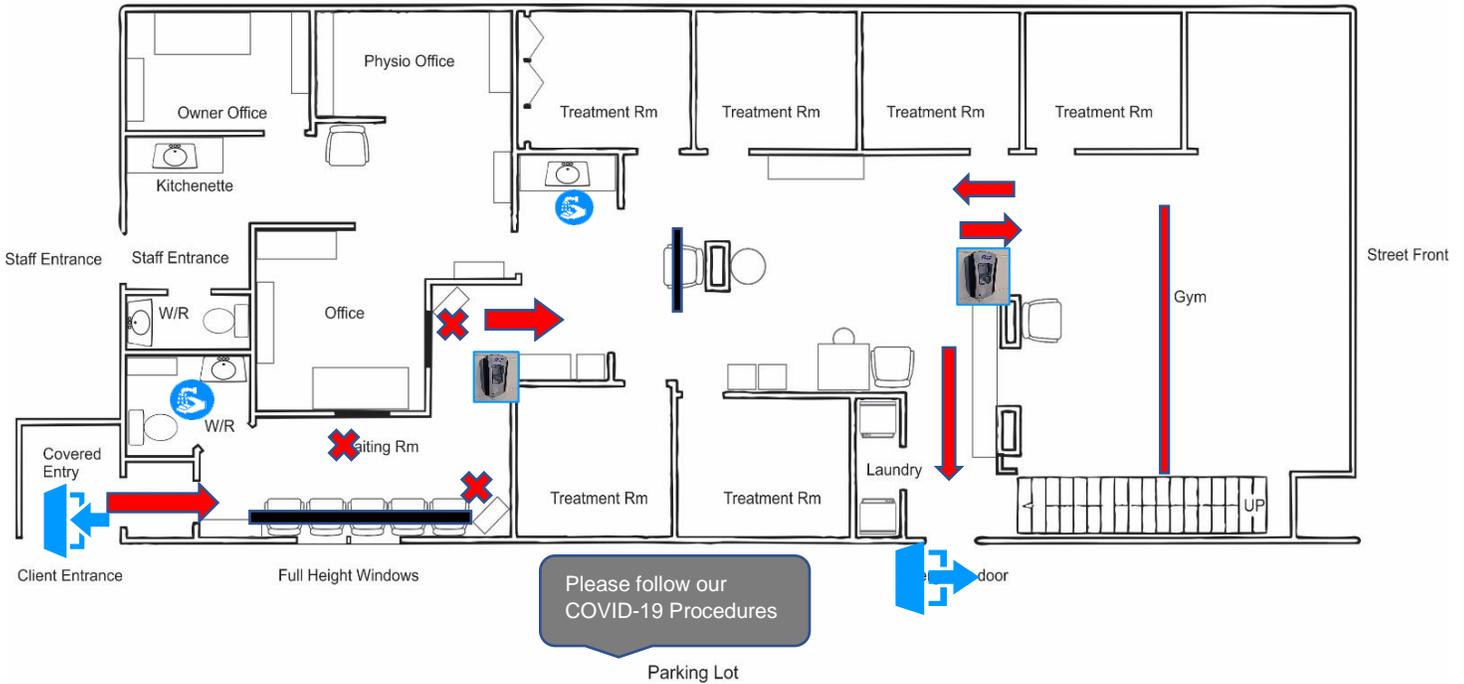
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COVID-19: RETURN TO IN-CLINIC VISITS

# COVID-19 IN-CLINIC PROCEDURES AND LAYOUT



## Legend

-  Where to stand and wait your turn; ensuring more than 6.5 feet from another person
-  Arrows indicate direction of flow please follow them precisely
-  Indicates the dividing line in gym only one patient allowed on either side of the line, therapist must be supervising
-  Sink and soap available to wash your hands
-  Hand sanitization contactless stations, there are also multiple hand pumps throughout the waiting area and treatment rooms
-  An area that the equipment/furniture has been removed or blocked off and cannot be used
-  Exit Only
-  Entry Only