

# COVID- 19 (Coronavirus)

*Northeast PT Associates is dedicated to providing our patients and staff with a safe and healthy clinic environment. We continue to monitor updates from the Centers for Disease Control and the World Health Organization regarding COVID-19. We will take the information provided by these agencies and officials and update you when new information becomes available. Our goal is to keep each other safe and healthy.*

## We're Open and Continue to Provide Safe Care for Our Patients!

Physical Therapy treatment is considered as an essential service by government agencies and the American Physical Therapy Association( APTA). Northeast PT Associates is committed to providing a safe clinic environment for our staff and patients by:

- Screening staff and patients prior to entering the clinic
- Following CDC guidelines
- Maintaining social distancing in the clinic
- Increasing disinfection and sterilization measures
- Providing masks to staff and patients if needed
- Offering Telehealth (Virtual) Therapy to those who are unable to come to the clinic or uncomfortable coming into the clinic

Stay on track with your Physical Therapy treatment- Call Northeast PT Associates today to schedule an appointment.

## New Physical Therapy Option- **Telehealth** (Virtual) Therapy

We are dedicated to providing patients with the Physical Therapy care they need even during these uncertain times. While in-clinic Physical Therapy is always the most effective care option, we know you may not feel comfortable leaving your home because of COVID-19. Northeast PT Associates is expanding our care options to include:

### **Telehealth** (Virtual) Therapy

Telehealth (Virtual) Therapy is one-on-one care for skilled evaluation and progressions of treatment for current patients and new patients. Remember Northeast PT Associates can evaluate and treat many different ailments for 30 days prior to receiving a doctors prescription, saving you a trip to the doctors office.

Call to schedule your next appointment to decrease your symptoms, increase mobility and restore your physical well-being.

## Keeping Our Clinic Safe

### **Here are some ways on how we can keep each other safe:**

- Handwashing is your best self-defense against the spread of germs. When soap and water are not available and hands are not visibly dirty, use at least 60% alcohol-based hand sanitizer.
- Please stay home if you are not feeling well, especially if you have a fever, are coughing/sneezing, or are experiencing shortness of breath. If a patient shows up with symptoms, the clinic staff will work to reschedule the appointment.
- Be vigilant. If you or a family member has traveled to any of the countries where there are outbreaks of the virus, please follow guidance from the CDC website. We ask that you wait 2 weeks after you/they have returned home before coming in for your next scheduled appointment.

### **Here Are Actions We Are Taking To Keep Our Clinics Clean And Safe:**

- Equipment will be wiped down after EVERY use with antibacterial wipes/sprays
- All surfaces touched by patients or staff (doorknobs, countertops, seating, bathroom and all other common areas) will be disinfected regularly.
- Treatment tables will be 6ft apart.
- Staff members will wash their hands, particularly after using the bathroom, before eating, after blowing their nose, coughing or sneezing, and after patient treatments.
- Hand sanitizer will be available at front desk and in treatment areas.
- Any staff members who are ill will be asked to stay home.
- We will maintain social distancing at all times between patients.
- Caregivers that transport a patient to their appointment will be asked to stay in their car or come back once the appointment has ended, unless necessary (ie minor requiring a guardian or for assistance needs).
- When possible we will treat patients in private rooms to increase social distancing.
- All patients should be self-screening before arriving to their appointment and our office staff will perform a secondary screening during the check-in process.

## Helpful Links

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.apta.org>