



COVID-19 POLICY

Performance Physical Therapy is dedicated to providing quality rehabilitative services while maintaining the health and safety of our staff, clients, and community. Our services are deemed a Medium Exposure Risk during the Covid-19 pandemic.

Performance Physical Therapy has implemented policies and procedures consistent with the CDC and local public health authorities in order to minimize risk of infection to our clients and employees.

Further to the CDC guidelines Performance Physical Therapy has taken extra steps to organize waiting areas, treatment rooms and exercise space to further minimize risk to all those at the clinic. Our facility's footprint is 1600 feet. This environment allows for exceptional social distancing.

Please note that these policies and procedures will adapt as more information becomes available regarding the spread of the novel coronavirus.

Procedures for Scheduling Appointments

1. Clinic hours have expanded to allow scheduling of staff and patients such that social distancing within the clinic can be optimized.

We are now open **Mon-Thur 6am-6pm** and **Fri 6 am -2:30pm**

2. Patients that are considered at risk or state that they prefer to stay at home shall be encouraged to continue their rehabilitation with Telehealth

appointments. We continue to excel in providing Telehealth as the first Physical Therapy Clinic to offer these services in Whatcom County.

3. Patients shall be asked about possible symptoms during reminder calls and offered Telehealth appointments should the need arise.

4. We may limit the number of family members allowed to accompany the patient to the visit.

Procedures for Admission of Patients

1. Once thermometers are obtained patients will have temperatures taken prior to appointment.

Patients with temperatures at and above 100.4°F will be advised to return home and contact their Primary Care Physician.

2. Patients shall be required to bring a mask to each appointment.

3. Performance Physical Therapy Signage shall be posted referencing 8 symptoms related to Covid-19 and asked to review prior to descending the stairs to the clinic.

Answering “**yes**” to **any** of the 8 questions would be reason to refrain from in-clinic treatment and to schedule Telehealth as an alternative.

4. Once our hands-free Hand Sanitizing Station is delivered, Physical Therapy Signage shall be posted at the landing near the Hand Sanitizing station requesting that patients sanitize hands prior to continuing down the stairs to the clinic.

5. Performance Physical Therapy Signage shall be in place to remind patients about maintaining minimum of 6ft distance from others while in the clinic. The waiting area shall be set up to allow such social distancing practices.

Guidelines and information can be found:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.whatcomcounty.us/3329/Novel-Coronavirus-COVID-19>

Whatcom County Health Department Phone: 360-778-6100