



COVID -19 Protocols and Screening Questions (Please print and sign)

We Each Have a Role to Play

How Carbon Creek Physical Therapy Is Protecting Patients & Staff

Novel human coronavirus disease (COVID-19) is of concern to all of us. We are taking tangible steps to help prevent the spread of disease and protect our patients and staff. We are staying up to date with all recommendations from CDC (Center for Disease Control), the State of Colorado, our professional organization (APTA), and Gunnison County. Please take a moment to review what measures we are taking to make your visit as safe as possible and what measures you will need to take as our patient.

Clinic Safety Procedures

- I am wearing a face mask, regularly washing or sanitizing my hands, and practicing good hygiene.
- 15 minute gaps are built into my schedule to allow for proper disinfecting between each patient.
- I take my temperature before starting work.
- Our front door, bathrooms, and high contact areas are disinfected every time someone touches them.

Patient Safety Procedures

- Please observe social distancing at all times as advised by Governor Jared Polis.
- **Please wear a face mask** to your appointment.
- Please know that your temperature will be taken with a non-contact thermometer prior to your treatment to ensure it is not above 100.4 degrees.
- Please try to use the restroom at your home, but if needed, you may use our restroom
- **Please reschedule your appointment** if you or anyone in your household is displaying any symptoms of COVID-19.
- **Stay at home if you are sick.** A key point is keeping people who are ill away from other people. Therefore if I am feeling ill, I will remain at home. I ask the same of any patients feeling ill.
- **Practice proper hand and wrist hygiene.** Wash your hands – and your wrists – often. I wash my hands between patients. I ask my patients to wash their hands, or use hand sanitizer, before and after treatment.
- **Cover your coughs with a tissue.** Please cover your mouth and nose with a tissue when coughing or sneezing. If no tissue is handy, sneeze or cough into a bent elbow. Wear a mask if you are coughing or sneezing regularly.
- **AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.** People frequently touch their eyes, nose or mouth without even realizing it. Try and eliminate this behavior, particularly after touching objects or being around someone who is coughing or sneezing.



Screening Questions

Please answer all questions and bring a signed copy to your appointment.

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| 1. Are you having shortness of breath? | Yes | No |
| 2. Do you have a cough? | Yes | No |
| 3. Are you experiencing unusual headaches? | Yes | No |
| 4. Do you have any loss of taste or smell? | Yes | No |
| 5. Do you have chills? | Yes | No |
| 6. Are you experiencing repeated shaking with chills? | Yes | No |
| 7. Do you have muscle pain unrelated to your injury? | Yes | No |
| 8. Do you have any other major health conditions including heart, lung or any conditions which cause immunosuppression? | Yes | No |

If you circled Yes for two (2) or more symptoms above please cancel your physical therapy appointment and call in to speak with Bob.

Name

Date