

# BE Fit Physical Therapy

## Guidelines for In-Person Visits

Effective November 13, 2020

In order to ensure the safety of patients and staff, BE Fit will be following NH/VT State recommendations with regard to accessing our clinic for in-person physical therapy visits.

At each clinic we are working to limit the number of patients in the office at the same time to maintain social distancing, having all staff and patients wear masks, and increasing the frequency of our typical cleaning routines including use of approved virucide cleaners.

Here is how you can help us with this process:

- Please remain in your car until your scheduled appointment time, and call the office when you arrive for your appointment: 802-359-7400 (UVAC) 603-653-0040 (Hanover). We will not be allowing people to wait in the waiting room or congregate directly outside the office entrance. Only necessary caregivers will be allowed to attend an appointment with patients.
- We are requiring all patients to wear a **three-layer surgical mask** due to current CDC VT/NH DHHS recommendations for use of this type of mask in the healthcare environment. If you do not have one, we will provide you with a mask which must be used in the clinic. Please also bring in your own theraband for use during treatment if one has previously been provided to you.
- Patients will be asked to wash their hands on entering the clinic, prior to their treatment. We will have sanitizer available as well. Know that all tables and treatment space/contact surfaces used will be cleaned with medical grade sanitizer prior to your appointment.
- Patients will be asked if they are exhibiting any symptoms of respiratory illness and will have a touchless forehead temperature screen. Any patients with a temperature over 100 degrees or reporting symptoms will not be seen in the clinic that day.
- Patients who exhibit any potential symptoms (fever, cough, shortness of breath) are requested to cancel their appointment beforehand. You must be symptom-free for at least 72 hours prior to attending a visit at our clinic. This appointment can be switched to a telehealth visit in lieu of the “in person” visit.
- Patients who have tested positive for COVID-19, or are currently in quarantine (due to travel, possible exposure, sick family members, etc) will not be able to attend in person sessions at this time.
- For patients new to BE Fit: We ask that all patients try to complete their paperwork via email if at all possible, in order to minimize paper handling in the office. Forms can be sent to you, or downloaded off our website at <http://bfitphysicaltherapy.com/site/forms/>