

CONSIDERATIONS FOR YOUR THERAPY

CORONAVIRUS AND COVID-19

With the diagnosis of Coronavirus cases in our state, and WHO announcement, this office is taking actions to protect ourselves and our clients in case of a major outbreak of COVID-19 in the DMV area.

Here is what you need to know:

The office building is taking precautions with cleaning common areas and bathrooms. The building management has notified tenants that the building must close if the State of Virginia, or city and county of Arlington mandate a closure for public safety.

In suite 30, we are performing more frequent wipe down of all commonly used surfaces including doorknobs, light switches, water filter system. The building management does more frequent cleaning. Hand sanitizer is available in the waiting area. Disposable coffee cups are available for use.

IMPORTANT: Please do not come to the office for an in-person session if you or anyone in your home is ill. Please also inform your therapist if anyone in your workplace or child's classroom has any respiratory symptoms that you are aware of.

If you have recently travelled internationally to a country at alert level 2 or 3 according to the CDC, we ask that you stay home for a period of 14 days after returning to the United States. As of March 11, 2020, these countries include the following:

South Korea, China, Japan, Iran, Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxemburg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City

Please talk with your therapist directly about possible alternatives to in-person therapy sessions if you have been exposed to respiratory illness, are feeling ill or are recovering from illness.

If you or a member of your family is ill, session cancellation is accepted with no time limit or late cancellation fee until matters return to normal. Please notify your therapist prior to the scheduled appointment. No-show appointments will still be charged.

Please note that your therapist might also request a tele-health to protect their own health, the clients and their own family. We will try and inform you with as much notice as possible. Feel free to discuss the setup with your therapist in this session or over the phone.