

## **INFORMED CONSENT FOR IN-PERSON SERVICES DURING COVID-19 PUBLIC HEALTH CRISIS**

This document contains important information about your decision to resume in-person services in light of the COVID-19 public health crisis. Please read this carefully and let us know if you have any questions. When you sign this document, it will be an official agreement between you and your therapist.

### **Decision to Meet Face-to-Face**

You and your therapist have agreed to meet in person for some or all future sessions. If there is a resurgence of the pandemic or if other health concerns arise, however, we may require that you meet via telehealth. If you have concerns about meeting through telehealth, please discuss them with your therapist first and try to address any issues. You understand that, if we believe it is necessary, we may determine that you return to telehealth for everyone's well-being.

If you decide at any time that you would feel safer staying with, or returning to, telehealth services, please discuss with your therapist.

### **Risks of Opting for In-Person Services**

You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus (or other public health risk). This risk may increase if you travel by public transportation, cab, or ridesharing service.

### **Your Responsibility to Minimize Your Exposure**

To obtain services in person, you agree to take certain precautions which will help keep everyone safer from exposure, sickness and possible death. If you do not adhere to these safeguards, it may result in you and your therapist starting / returning to a telehealth arrangement.

### **Please initial each item to indicate that you understand and agree to these actions:**

- You will only keep your in-person appointment if you are and everyone living with you is symptom free. \_\_\_\_\_
- You will take your temperature before coming to each appointment. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of the coronavirus, you agree to proceed via telehealth. \_\_\_\_\_
- Upon arrival, you will follow the posted social distancing protocols. \_\_\_\_\_
- You will wash your hands or use alcohol-based hand sanitizer before you enter the office. \_\_\_\_\_
- You will adhere to the safe distancing precautions both in common areas and in the therapy offices. \_\_\_\_\_
- You can choose to wear a mask in the office and can ask your clinician to wear a mask if this will make you feel more comfortable. You are NOT required to wear a mask. Should you choose to do so, you must provide your own mask. Your clinician will have a mask available to wear should you request it. \_\_\_\_\_
- You will keep a distance of 6 feet and there will be no physical contact (e.g. no shaking hands or hugs) with clinicians. \_\_\_\_\_
- You will try not to touch your face, eyes, or nose with your hands. If you do, you will immediately wash or sanitize your hands. \_\_\_\_\_

- If you are bringing your child, you will make sure that your child follows all of these sanitation and distancing protocols. \_\_\_\_\_
- You will take steps between appointments to minimize your exposure to COVID. \_\_\_\_\_
- If you have a job that exposes you to other people who are infected, you will immediately notify your therapist. \_\_\_\_\_
- If you commute or have other responsibilities or activities that put you in close contact with others (beyond your family), you will immediately notify your therapist. \_\_\_\_\_
- If a resident of your home tests positive for the infection, you will immediately notify your therapist. \_\_\_\_\_
- If anyone in your home or anyone you have had contact with in the last 2 weeks has any COVID or ANY SICK symptoms, you will immediately notify your therapist. \_\_\_\_\_

**We may change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, we will talk about any necessary changes.**

### **Our Commitment to Minimize Exposure**

Woodlands Family Institute, P.C. has taken steps to reduce the risk of spreading the coronavirus within the office and we have posted our efforts in the office. Please let us know if you have questions about these efforts.

### **If You Are Sick**

You understand that we are committed to keeping you safe from the spread of this virus. If you show up for an appointment and we believe that you have a fever or other symptoms, or believe you have been exposed, we will have to require you to leave the office immediately. Your therapist can follow up with services by telehealth as appropriate.

#### **Symptoms of COVID-19 are any of the following:**

Pink eye, cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss or taste or smell, bluish lips or face, persistent pain or pressure in the chest, new confusion, body aches, and mucus/phlegm.

If your therapist tests positive for the coronavirus, we will notify you so that you can take appropriate precautions.

### **Your Confidentiality in the Case of Infection**

If you have tested positive for the coronavirus, we may be required to notify local health authorities that you have been in the office. If we have to report this, we will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for our visits. By signing this form, you are agreeing that we may do so without an additional signed release.

### **Informed Consent**

This agreement supplements the general informed consent/business agreement to which you and your therapist previously agreed.

Your signature below shows that you agree to these terms and conditions.

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Client Signature

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Date

### **Office Safety Precautions in Effect During the Pandemic**

Woodlands Family Institute, P.C. is taking the following precautions to protect our clients and help slow the spread of the coronavirus.

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- Unless you are a parent waiting for your young child, or you are here for an appointment, the waiting room has been temporarily closed to all non-clients or family members.
- All clinicians will maintain safe distancing.
- The front desk will not be opening the window unless absolutely necessary, therefore your payments due will be automatically drafted from the credit card on file. If you wish to change your method of payment, please contact the office before arriving for your appointment. You may slide cash or checks through the window to the office staff.
- Restroom soap dispensers are maintained, and everyone is encouraged to wash their hands before and after session.
- We schedule appointments at specific intervals so that we will have time to clean and sanitize everything properly before the next appointment arrives.
- Physical contact is not permitted.
- Tissues and trash bins are easily accessed. Trash is disposed of on a daily basis.
- Common areas are thoroughly disinfected at the end of each day.
- Therapy rooms are disinfected in between each client.