

# COVID-19 Protocols for Patients & Practitioners

Updated 6/9/2020

## Pre-Screening - Before Appointment

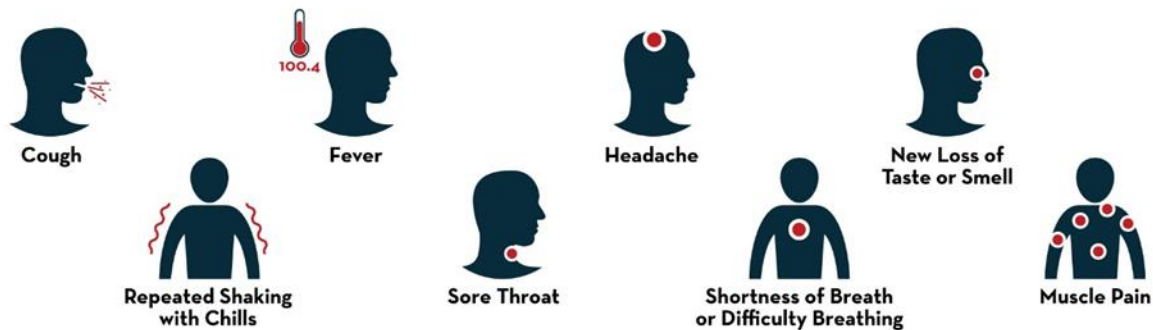
Scheduling service will send 2 emails to patients reminding them of appointments. The emails are sent 3 days and 2 days prior to appointment and will include pre-screening questionnaire\*.

- Patient self-screens: Do not come if patients have COVID-19-like symptoms (current list).
- Do not come if patients currently have been diagnosed with COVID-19.
- Telehealth technology may be utilized.
- *Patient will be directed to watch the safety video in preparation for office visit*

## SYMPTOMS OF CORONAVIRUS (COVID-19)

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness.

These symptoms may appear 2-14 days after exposure to the virus:



[CORONAVIRUS.DC.GOV](https://coronavirus.dc.gov)



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## Pre-Screening - Day of Appointment with Practitioner

- Check Patient's COVID-19 symptoms before office visit begins (current checklist) .
- Take temperature and oxygen levels and log in the patient chart\*; temperature must be less than 100.4 F for appointment to continue.
- Patient signs document stating symptom report is correct.
- *Direct the Patient to watch the safety video if not viewed before visit.*
- *Introduce Touch-less payments. Enroll patient in automatic credit card payment program.*

## Patients with COVID-19-like Symptoms

- Stay home and self-quarantine until you are free of fever, signs of a fever, and any other symptoms for at least 24 hours and without the use of fever-reducing or other symptom-altering medications.

- Seek medical attention if you have reason to believe you have been exposed to coronavirus or influenza.
- Consult your acupuncture practitioner regarding herbs for symptoms.
- Call your healthcare provider before visiting a healthcare facility.
- Call the D.C. Coronavirus Hotline/Testing Triage Call Center: 855-363-0333 (English) 844-796-2797 (English & Spanish)

## TESTING FOR COVID-19

### Public Testing Sites

- 1** United Medical Center (UMC)  
For an appointment, call 1-855-363-0333.
- 2** GW University Medical System  
For an appointment call, 202-741-2765.
- 3** Children's National Health System  
For an appointment, visit [bit.ly/childrensnationaltesting](https://bit.ly/childrensnationaltesting)
- 4** All Care Family Medicine & Urgent Care  
For an appointment, call 202-787-1979.
- 5** Mary's Center  
For an appointment, call 1-844-796-2797.
- 6** Unity Health Care  
For an appointment, call 202-469-4699.
- 7** Whitman-Walker Health  
For an appointment, call 202-745-7000.
- 8** Medstar Health  
For an appointment, visit [MedStarhealth.org/eVisit](https://www.MedStarhealth.org/eVisit).
- 9** Sibley Memorial Hospital  
For an appointment, call 443-997-9537.
- 10** UDC-CC- Bertie Backus Campus  
For an appointment, call 1-855-363-0333.
- 11** Howard University Hospital  
For an appointment, call 202-865-2119.

- 12** Bread for the City  
For more information, call 202-265-2400.

### Additional Member Specific Testing Sites

- 13** One Medical  
Location: 1690 36th Street, NW  
For an appointment, call 202-695-7576.

- 14** Kaiser Permanente  
Location: 700 2nd Street, NE  
For an appointment, call 202-346-3000.

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## Practitioner Guidelines

- Practitioners screened at the beginning of each shift for COVID-19 symptoms, including fever.
- Practitioner must wear Personal Protective Equipment (PPE): mask, face-shield, gloves, and clean scrubs/lab coat.
- Keep spare PPE equipment in office.
- Cleaning supplies and protocols listed below.

## **Patient Clothing**

- Patients must wear/bring layered clothes/gym attire - shorts, sweatpants, tank top, loose shirt, front-buttoned shirt, or sweatshirt
- Patients must wear their own mask or can purchase (one per person) from Earley Wellness Group
- Patient can bring their own freshly laundered sheets if they wish (current patients)
- Direct Patients to change clothing **in the treatment room**. Bathroom cannot be used to change clothes.

## **Treatment Room – Entry & Exit**

- Patients shall not wait in the lobby. They will go straight into a treatment room.
- Practitioners will wear protective gear throughout the treatment.
- Telehealth technology will be utilized.
- Patients shall minimize doorknob touching; only touch the doorknob on the inside of the treatment room. Patients leave the door open when going to the bathroom. Treatment room doors will be open before the patient arrives.
- Direct all patients to wash hands or use hand sanitizer before they get on the table.

## **Treatment Room Protocol**

- Treatment table – No fabric sheets, only paper coverings, and change between patients.
- Cleaning – Disinfecting must be done after every patient.
- Acupuncture Needles – Use only sterile, single-use needles
- Cupping and Gua Sha: to avoid the necessity to use high level disinfectants on the tools, do cupping and Guasha **before** any needle insertion to maintain intact skin. Refer to the latest edition of CNT Manual from CCAOM.
- Windows open for air circulation
- Foot pedal trashcans (3 rooms + dry sink + bathroom) minimize aerosol from the trash
- No laundry basket, instead use one central plastic trash bag located in the office

## **Cleaning Solutions and Levels of Disinfection**

**Low Level Disinfection:** table, face cradle arm rest, countertop, chair, coat hangers

- Hard surfaces: FDA-approved quaternary ammonium sanitizer (indicated effective against SARS-CoV-2). Leave the disinfectant on surfaces for **10 minutes**, then wipe or let dry before use.

**Intermediate Level Disinfection:** For used Cups and Gua Sha tools on non-broken skin

- First, clean off any oils and lotions using detergent and paper towel
- Then, use 60-70% alcohol wipe or spray alcohol solution on a piece of paper towel and wipe, let the alcohol solution evaporate naturally from the surfaces.
- If any blood is visible on the skin during cupping or Gua Sha even without needling, use High Level Disinfection on the tools.

**High Level Disinfection:** For surfaces that touched body fluids such as used acupuncture needles, used cups and used Gua Sha tools after needle treatment, wet cupping.

- First, clean and wipe off any organic material, lotion, massage oil, body fluids with a detergent and paper towel.
- Then, disinfect using Bleach.

*A higher-level disinfectant may be used in the place of a lower level disinfectant if unavailable, but always follow manufacturer directions of the chemical.*

### **Room Cleaning Check List (After Every Patient)**

- Treatment Table
- Bolsters
- Pillows
- Chairs
- Table
- Coat hanger
- Doorknobs
- Light switch

### **Bathroom Cleaning Check List (All Day)**

- Sink
- Toilet
- Doorknobs
- Light switch
- Window Ledge and behind Toilet
- Mirror

### **Lobby and Common Area Cleaning Check List (All Day)**

- Shelving
- Dispensers
- Doorknobs
- Light switch
- All touchable surfaces