

Anthea Sweet: Soft Tissue Therapy clinic: what to expect

Updated 19th July 2021

- Please book online. If you wish to pay by bank transfer or cash, please contact me to book. If you pay by cash, please bring the exact money in an envelope, as I will need to store it for a set time before handling it.
- For your first appointment after March 2020, I will call you for a telephone consultation within the 48 hours beforehand, for Covid19 screening and, if you are a new client, to take your health history.
- During the telephone consultation, we will cover the items listed in the **Covid19 Screening and Consent Form**, found on my website. At your appointment you will need to sign the form, and for subsequent appointments I will ask you to sign to confirm if there are any changes. Please bring your own pen if possible.
- **If you are unwell or experiencing any Covid19 symptoms, or are self-isolating, you must not attend your appointment. If there are any material changes to your answers on the form between appointments, you must inform me in advance of attending, for example:**
 - **If you have had a positive Covid19 test or there are any other relevant changes to your health**
 - **If you have had contact with someone with Covid19 symptoms**
 - **If you have become a carer for or are shielding a vulnerable person**
 - **If you are experiencing post-vaccination symptoms**Exceptions will be made to the cancellation policy in this case. You do not need to inform me if you have been vaccinated between appointments.
- If you are a key worker, please change out of your work clothing and shower before your appointment.
- Please come to your appointment alone. When you arrive, **please wait outside or in your car and text me to tell me you have arrived.** (The porch will be open in case of bad weather). I will come to collect you. Leave coats, bags and other belongings safely in your car if possible and please bring your own water.
- Please leave your shoes in the porch. I will see you into the clinic room to minimise touching of surfaces, doorbells, door handles etc and will provide hand sanitiser and ask you to use it or wash your hands before and after treatment. Please avoid touching of surfaces or items on the wall.
- I will supply a basket for your clothes and personal items. Please do not place items directly on the floor.
- I continue to wear PPE in line with recommendations. **I request that you wear a mask**, I can supply one if necessary. My own research on members of my household and my work with gloves in the past has suggested that most people find this acceptable and often can't tell the difference between gloves and a non-gloved hand, and that treatment is unaffected.
- I carry out a sanitising routine between clients, including all surfaces in the clinic room or bathroom which have been touched, the changing or cleaning of all linen and PPE and the ventilation of the clinic room. I have allowed the recommended time between clients to do this.
- Please find below a declaration of my own health:
 - I will ensure that in the 14 days before your appointment:
 - I have not to my knowledge had Covid19 or had a positive Covid19 test (I take my temperature daily)
 - Should anyone I have been in direct contact with test positive for Covid-19 I will take advice from NHS Test & Trace / my GP / 111 / 119 as to whether it is necessary to inform you
 - I have not travelled outside the UK without adhering to the relevant government testing/self-isolation requirements.
 - I have had both vaccinations, the second on 25/05/21.