

COVID-19 RESPONSE AND PREPAREDNESS

In an effort to protect our clients, staff, and our communities, we have updated our policies in reference to in-person therapy sessions. Effective July 6th, 2020 Champion State of Mind, PLLC will continue with telehealth therapy services until further notice. Clients, however, will have the opportunity to be seen in-person for therapeutic sessions, pending their individual provider approval. If you would like to be considered for in-person sessions, please speak with your provider directly.

We also respectfully ask that if you become aware that you have been exposed to someone who has recently tested positive for COVID-19 or if you or anyone in your immediate household is experiencing the following symptoms, that you call our office immediately to reschedule your in-person appointment to a telehealth appointment or reschedule the appointment to a later date/time:

- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

Furthermore, the following precautions will be taken in each of our office locations:

- Encourage social distancing, when possible, both in waiting rooms and in office.
- Frequent disinfecting of all areas such as offices, bathrooms, common areas, shared electronic equipment and regularly touched surfaces with Environmental Protection Agency (EPA)-approved disinfectant products.
- Promote the use of face masks. We encourage you to bring/use/wear your own face mask. If this is not an option, both adult and children face masks will be available to you for your use.
- Encourage respiratory etiquette; including covering coughs and sneezes, avoid shaking hands, throwing used tissues away in a garbage can, wash or sanitize hands after tissue use and avoid touching of face, eyes or mouth.
- Insist on frequent handwashing with soap and water or the use of alcohol-based hand sanitizers containing at least 60% alcohol when handwashing is not available.

Likewise, if after visiting one of our office locations (1 to 14 days following) you begin to experience any of the above symptoms and/or test positive for COVID-19, we kindly ask that you notify the visited office location as soon as possible. If we become aware of an active COVID-19 exposure in one of our office locations, that particular office will be closed for a day or two for deep cleaning. In which clients will be asked to have their appointment via telehealth or to reschedule. As well, we will do our best to notify any individual that may have been present during the active COVID-19 exposure. We truly appreciate your patience and kindness during this time. By working together, we can help protect ourselves and our loved ones for a better tomorrow. Thank you!



MS. LAMIC, NCL