

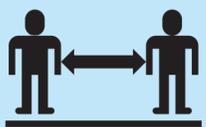
WHAT TO EXPECT PRIOR TO YOUR NEXT ACUPUNCTURE APPOINTMENT

Following a rigorous risk assessment, British Acupuncture Council and government guidelines, we are taking recommended safety measures to decrease any risks to a minimum as well as maintaining a relaxing environment for you.

I will contact you prior to your appointment to go through a short risk assessment and talk through everything to start of with. If your develop any of the symptoms prior to attending your appointment, please let me know.



To limit any unnecessary exposure to droplets we are be both required to wear a mask for your appointment. If you don't have a mask, you can use a scarf or bandana, ensuring you can breathe comfortably. More information can be found [here](#).



You will be escorted straight into the treatment room upon your arrival (at the time of your appointment, so please do not arrive too early as you may have to wait in the car). The chair in the treatment room has been adjusted to a distance of 2 metres.



Alcohol gel located by the entry doors is for you to use upon entering the surgery. I will be washing my hands throughout your treatment.



I would like to reassure you all bedding is stripped and changed after each client with all touched areas thoroughly disinfected (including corridors)



You normally do anyway, but now more than ever, try and wear something that is easier to roll up (looser sleeves and trousers) and not too many layers if possible.



Please bring your own water bottle to keep hydrated at the appointment if you wish.



All payments will be made online through bank transfer.

If you had any questions regarding your visit, please do not hesitate to contact me directly.

KEEP IN MIND....

Cover your cough using the bend of your elbow or a tissue rather than your hand. Avoid touching your eyes, nose and mouth unnecessarily. If you have a fever, cough and difficulty breathing, loss of sense of smell or taste, call 111 for further advice and to arrange testing.