

March 16th, 2020

Dear Client,

I am committed to your health. As our nation and its communities grapple with the coronavirus (COVID-19), I will make every effort to continue our services in the same safe, comfortable environments with which you've become familiar.

I am taking precautions to prevent the spread of the virus and other illnesses by following the CDC guidelines listed at https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html.

As you prepare for appointments with me, I ask that you consider the following:

- Postpone your visit if you or someone you know has or has had a fever, cough or other symptoms that could signal illness in the last 24 hours
- There will be no charge for late cancellations during this crisis
- Wash your hands for 20 seconds and/or use hand sanitizer when you arrive, (I will be providing hand sanitizer for your visits)
- Work to not hug or handshake during our visits
- Read and become familiar with other guidelines at https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html

PLEASE NOTE:

I have made telehealth sessions available for those of you who would prefer to meet via video conferences

In an effort for you to feel safe coming to appointments:

- I will be sanitizing doorknobs and items others have touched after each session
- I will be rescheduling sessions if I am ill within the last 24 hours
- I will handwash or using hand sanitizer after each client session
- I will continue reading and familiarizing myself with CDC guidelines linked above

Thank you for helping me provide the best care possible! And thank you for assisting us in our efforts to prevent the spread of the COVID 19 and other communicable illness.

Sincerely,
Beth Russell, MA, LCPC, LPC, NCC