



CENTER FOR PSYCHOLOGICAL HEALTH  
JAIME A. BLANDINO, PH.D., LICENSED CLINICAL PSYCHOLOGIST

### COVID-19 Building Policies and Office Visit Consent

Welcome back (or for the first time)! I am delighted to finally see you in person and hope to create a therapeutic space that feels safe and productive for everyone.

This document contains important information about our collaborative decision to resume in-person services in light of the COVID-19 public health crisis. Please read it carefully and let me know if you have any questions. When you sign this document, it will be an official agreement between us. Please review and sign before your first in-person session with me.

#### Parking Reminder:

Parking for visitors continues to be street-side. The back parking lot is for staff only. You may park on N. McDonough using the meter or the Park Mobile App, or you may find nearby 2-hour free parking on E. Howard Ave, E. Maple, or Church Street. Please let me know before your appointment if you have any questions or if you have medical circumstances that require an alternative parking arrangement.

#### Joint Decision to Resume Office Visits:

You and I have already discussed and agreed to meet in person for some or all future sessions. If there is a resurgence in COVID cases or if other personal or public health concerns arise, I may require that we resume telehealth. We will discuss this and address any concerns about returning to virtual therapy.

If you decide that you would prefer to return to virtual therapy due to concerns about safety, telehealth will continue to be offered. If I have concerns about your clinical care (e.g., if I feel that in-person sessions are necessary in order to provide the best care possible) I will share them with you, and we can decide together how to move forward.

By signing this document, you indicate your full understanding that coming to the office means assuming the risk of exposure to COVID-19 (or other public health risk). This risk may increase if you travel by public transportation, cab, or ridesharing service.

#### Your Commitment to Minimizing Exposure:

In order to obtain services in person, you agree to take certain precautions which will help keep everyone safer. If you do not adhere to these safeguards, we may need to start/resume a telehealth arrangement. Your signature at the end of this document indicates your agreement and commitment to these policies.

- **You and “close others” must be symptom free.** Only keep your in-person appointment if you and the people with whom you have daily interaction are symptom free (see list of COVID symptoms at the end of this document). If you appear to show symptoms when you arrive, I may require that we reschedule our appointment.
- **If you or “close others” test positive for COVID-19,** immediately let me know and we will begin/resume treatment via telehealth until we determine that it is safe to return to the office (please refer to <https://www.cdc.gov/coronavirus> for specific guidelines about how to safely manage possible exposures).
- **Take your temperature before coming to each appointment.** If it is elevated (100.4 F or higher), or if you have other COVID symptoms, you agree to cancel the appointment or proceed using telehealth.



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- **Please remain in your car or outside until your approximate session time.** Text me when you arrive and I will text you back when I am ready for you. When you enter the building, you may come directly to my office instead of sitting in the waiting room.
- **Visitors or accompanying family members:** When possible, please refrain from bringing additional guests to your appointment. Parents of minors or those attending the session with you that day are welcome, but we seek to minimize the number of people in the waiting room. If possible, we prefer that those accompanying you wait in the car or come in after texting that they have arrived.
- **Upon entering the building, sanitize your hands.** Hand sanitizers will be available in the waiting room and in my office. You may also bring your own.
- **A mask covering your nose and mouth is required indoors at all times.** Staff are also required to wear masks while in the common areas of the building. If you and I agree that we are comfortable, we do not have to wear masks once inside my office behind a closed door.
- **We will not have physical contact** (e.g., no shaking hands, hugging, etc.) and physical distancing in the common areas of the building is required (i.e., maintaining 6ft distance).
- **Eating is not allowed indoors by guests or clients.** We are not currently offering drinking glasses, although you are welcome to bring your own container or mug to fill with our water service located in the waiting room. Please sanitize your hands before using the water machine.
- **Please use the downstairs restroom only.** We have designated the upstairs restroom for staff only. Please ensure that you wash your hands for the recommended 20 seconds after using the facilities.

**My Commitment to Minimizing Exposure:**

My colleagues and I have taken the following steps to reduce the risk of spreading the coronavirus within the office:

- All staff members are required to be fully vaccinated before returning to the office to see clients. I myself am fully vaccinated as of 2/12/21.
- All commonly touched surfaces (doorknobs, keypad, water machine, restroom downstairs) are sanitized between sessions and regularly throughout the day.
- Trash can in my office will be emptied between sessions if needed.
- I have a professional-grade air purifier in my office and will open all of my windows to ensure air circulation (weather permitting).
- If I am sick, show any symptoms of COVID-19, have a fever, or test positive for COVID-19, I will notify you immediately and we will reschedule and/or resume telehealth.

These policies may change according to emerging information about coronavirus, new CDC guidelines, or changes in local, state, and federal mandates for controlling the spread. As the situation evolves, our practice will too, and communication with clients will be ongoing and frequent. As such, this is a “living document” and your signature indicates compliance with all future versions of our office policies related to coronavirus.

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist

\_\_\_\_\_  
Date



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For your reference, here are SYMPTOMS OF COVID-19 we ask that you report on before coming to the office (<https://www.cdc.gov/coronavirus>).

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms typically include:

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