

In response to COVID-19:

As of March 15, 2020, in office sessions *will be held* for clients as usual. Please know that extra precautions are being taken to keep clients and staff safe in the office. The waiting room, bathroom, and all offices will be cleaned and disinfected regularly throughout the day. The bathroom is available to wash your hands frequently as well as hand sanitizer available in the waiting room. Please continue to take precautions necessary to keep yourself and others safe.

The Maryland State Health Department encourages us all to slow the possible spread of COVID-19 with these simple steps:

Use your head — Slow the spread

As Maryland has multiple confirmed cases of COVID-19, all Marylanders are advised to take a few simple precautions to help reduce their risk of exposure:

- Wash your hands often with soap and water
- Cover your mouth and nose while sneezing or coughing
- Avoid touching your eyes, nose and mouth
- Avoid contact with sick people
- If you are sick, stay home and call your health care provider
- Practice social distancing — keep distance between yourself and others and avoid crowds

If you do not feel well or feel you have been exposed to anyone who is not feeling well, please let me know and we can use video session format for our session instead. Telehealth (video sessions) are covered by most major health insurances; if you are unsure, please contact your insurance provider to verify your benefits.

TO PREPARE FOR VIDEO SESSIONS: I use a HIPAA compliant platform called VSee, which is free to sign up for and/or download the app on your smartphone. You will need to create a new account with a valid email. Please use the link below to download on your computer, or visit your App Store or Google Play on your smartphone to download VSee Messenger.



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