

Due to the current COVID-19 situation in order to protect both you and I the British Acupuncture Council, Faculty of Homeopathy and Weleda have issued guidelines in accordance with the British Government legislation to minimise the potential spread of this virus.

Close contact face to face consultations will have to be limited and may be difficult as you will need to wear a face mask or purchase one from me for £1 and I will be wearing PPE, possibly gloves, face mask, visa, surgical scrubs and apron depending upon the level of protection the government suggests at the time. But the great news is that we can see each other via virtual media with FaceTime, Zoom, Messenger or WhatsApp or if preferred over the telephone. The first consultation lasts approximately 1 hour, and subsequent ones between 15-20 minutes by appointment. At this point if Homeopathy is prescribed this can be dispensed and sent out promptly or collected by arrangement, otherwise a mutually agreed appointment can be set up to see you physically for Acupuncture treatment. This appointment time will therefore be shortened to 30 minutes to protect us both as you will be come straight in for treatment, so please can you wear suitable comfortable easily removed clothing for your appointment.

Information I will need to know will include - if you have been diagnosed with or been in touch with someone who has been diagnosed with coronavirus within the last 14 days? Do you or a member of your household have any of these symptoms:- cough, fever, loss of taste or shortness of breath. Are you or anyone in your household shielded or particularly vulnerable or at risk of COVID-19? If the answer is yes please call 07900438935 for further information. And I will ask you these as well upon entering my clinic personally.

It is important to keep up to date information about you, your medical history and other areas. To minimise your time at the clinic you will need to fill in a questionnaire before you arrive. You may be able to download the form from my website or Facebook page and complete it in the comfort of your own home before arrival. But regardless I will need to speak to you before your treatment and if necessary fill in the form which you can sign upon arrival with your own pen.

The clinic room will seem a little more clinical and the couch and seats will have a pvc covering, but you can bring a towel to lie on to be more comfortable, I request therefore request that you don't bring any shopping bags etc with you as these could cause contamination for others. The waiting

room will be unavailable therefore please come unaccompanied also the bathroom will only be available to wash your hands until further notice.

I am really looking forward to seeing my exiting patients again and also meeting new ones.

Any queries please contact me through email at cleadonhillclinic@gmail.com or txt 07900438935

Warm wishes to you all and by helping each other keep safe and well.

Jane