



Alert Level 3 COVID-19 Lockdown Protocol

@ Reflexology Body Balance

PR No: 0791350 / AHPCSA: A12069

Your health and safety is my top priority and precautions to limit cross contamination of COVID-19 have been implemented to safeguard patients and the practitioner at Reflexology Body Balance.

I am taking guidance from the Allied Health Professions Council of South Africa, South African Government and Discovery Health.

I will continue treating patients during this time by adhering to the following protocol:

1. The patient will be phoned and screened the day before their appointment. This is to ascertain whether they have experienced any of the following symptoms in the 14 days preceding the treatment date: fever, dry cough, shortness of breath, headaches, aches and pains, sore throat, fatigue, diarrhoea, runny nose.
2. **No** patient may be accompanied unless they are a minor.
3. The patient's temperature will be taken, and their hands sanitized before entering the premises.
4. The patient will be asked to sign that they do not have the risk symptoms or history as discussed at screening.
5. The patient will be asked to sign a consent form as acknowledgement of the risks associated with potential exposure to COVID-19.
6. The wearing of a facemask (covering the nose and mouth) by the patient and practitioner is compulsory for the duration of the treatment and while on the premises.
7. The practitioner will sanitize their hands before putting on a fresh pair of gloves which are to be worn for the duration of the treatment.
8. The paper roll protecting the treatment couch will be replaced after each patient.
9. The ultrasonic humidifier in the treatment room will contain tea tree and eucalyptus essential oils.
10. Using the toilet is not encouraged however, should this be necessary then the use of the anti-bacterial soap and individual hand towels is essential. Follow the displayed guidelines on how to effectively wash hands.