

## **COVID-19 Preparedness Plan for Nourish Natural Health Clinic, LLC**

Nourish Natural Health Clinic is complying with recommendations of the CDC and MDH to begin offering in-patient services again. Our plan is to ensure the health and safety of our patients and staff.

### **Infection Prevention Measures**

Frequent and thorough handwashing by all employees and patients in accordance with the CDC.

Sanitary products are readily available throughout the clinic.

Common spaces will be disinfected throughout the day.

Use tissues to cover nose and mouth when coughing or sneezing and dispose contaminated items in designated waste receptacles. Posters are presented throughout our clinic on proper respiratory etiquette.

All of our employees will wear masks at all times.

Patients should wear a cloth face mask during the entire encounter in the facility that can be bought or made at home. If patients do not have a mask, one will be provided.

We ask that you bring minimal things into the clinic.

All employee work attire will be freshly laundered daily.

All treatment rooms will be thoroughly disinfected between each visit. HEPA air filtration system will run for 15 minutes between each patient. Patients interaction will be kept to a minimum. All bedding will be disposable or laundered after each patient.

### **Identification and Isolation of Sick Person**

We have implemented a Covid-19 screening protocol to assess both patients and staff prior to arrival to the practice. All patients will fill out our pre-screening questionnaire.

We reserve the right to read your temperature as part of our screening protocol.

We will be screening for:

- Fever
- Headache
- Cough
- Sore Throat
- Shortness of Breath
- Recent loss of taste or smell
- Chills
- Contact with possible Covid-19 patients
- Repeated shaking with chills
- History of travel
- Muscle Pain
- Temperature greater than 100.4F

This information may be requested by Public Health officials conducting a follow up contact tracing.

If the practitioner or a staff member suspects they have been exposed to COVID-19 they will immediately be quarantined for a period of at least 2 weeks and notify any patients or other community members who may also be at risk from contact.

If a Patient has been confirmed as testing positive for COVID-19 and there is a risk of contamination to the practitioner or other patients, the practitioner will immediately contact patients at risk and enter into a quarantine for at least 2 weeks

### **Social Distancing Measures**

Companions should remain outside of the facility and not accompany the patient unless they are a parent/guardian of the patient or if they are a true caregiver and need to assist the patient.

Individuals will maintain 6 feet of distance between each other when practical. Only one patient will be in the clinic per practitioner. When social distancing can not be maintained we will have proper PPE, mask, gloves, scrubs, to ensure barriers between the practitioner and patients.

We have established an appropriate timeframe in between patient appointments to reduce patient flow and allow for disinfection between patients.

Patients will enter at their given appointment time. We will eliminate books, magazines from the clinic space and the waiting area is blocked off and cannot be used at this time.



NOURISH NATURAL HEALTH CLINIC



**Shannon R. May, N.D., L.Ac**  
Naturopathic Doctor and Acupuncturist

We are still offering and recommend Telemedicine visits for patients unless needing acupuncture as part of their visit.

This COVID-19 Preparedness Plan has been certified by Nourish Natural Health Clinic provider, Shannon May, ND, Lac. It will be updated as necessary.