

Check List

1. Have you been diagnosed with or tested positive for COVID-19 in the last 30 days?
2. Have you been in contact with any person who has been diagnosed with or tested positive for COVID-19 in the last 21 days?
3. Are you feeling sick now with **ANY** flu-like symptoms such as

- Fever, or feel feverish Yes ___ No ___
- Chills or Repeated shaking with chills Yes ___ No ___
- Muscle pain Yes ___ No ___
- Cough Yes ___ No ___
- Shortness of breath or difficulty breathing Yes ___ No ___
- Headache combined with other symptoms list here Yes ___ No ___
- Sore throat Yes ___ No ___
- New loss of taste or smell Yes ___ No ___

Explain here if you answered yes to any questions: _____

Please stay home if you answered yes to any questions above and contact your PCP if you have high fever, difficulty breathing or other severe symptoms.

We will still provide you with Telehealth/Telemedicine services to support you.

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Signature: _____

Date: _____

Note to Patient:

Sea of Acupuncture & Herb Clinic

Dear Patients:

Welcome back to our clinic. In order to ensure a safe practice and avoid potential risk from COVID-19 during this unprecedented time, we will work together with all of you under the following guidelines and practices to keep our patients and our practitioners safe:

As practitioners, we will monitor each person for temperature and symptoms of COVID 19; disinfect the clinic thoroughly each day; make sure that we maintain our own health as best as we can; wear PPEs including but not limited to a lab coat, face masks, and gloves (when needed) when we are with a patient; wash hands before and after each treatment. We will make sure there is no more than one patient in the waiting room at once and will guide patients to their designated room as soon as they enter our clinic. There will be an interval period of 20-30 minutes between patients to allow the treatment room to be cleaned and disinfected.

For our patients, we expect everyone to follow the guidance below in order to maintain a safe and clean environment in our clinic during the ongoing COVID-19 pandemic:

1. **Please wear a face mask/cover** when coming to the clinic, and wear it at all times when you are in the clinic. It can be off during the treatment period following the practitioner's guidance.
2. **Wash your hands with soap and water** for at least 20 seconds, as soon as you arrive to the clinic.
3. **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
4. **Maintain social distance (6 feet)** whenever possible.
5. **Do not shake hands or engage in any unnecessary physical contact.**

Please call to reschedule your appointment if you have any of the following:

1. Had or are currently experiencing **ANY** of the following symptoms within the last 21 days: **sore throat, body ache, chill/fever, cough, difficulty breathing, new loss of taste or smell.**
2. Have been in **close contact or exposed to someone who is a confirmed or suspected case of COVID-19 within the last 21 days.**

Due to lack of proper medical equipment, we are not prepared to take COVID-19 positive patients. Patients must keep in touch with their own physician for any COVID-19 related medical conditions. We will coordinate our working procedures and efforts, as appropriate, in the interest of our patients to help them both remotely (herb consulting and supply) or on site directly (acupuncture treatments, COVID-19 negative patients only). The acupuncture treatment will be scheduled as necessary based on patient needs.