



Preparing for your visit to Family Acupuncture and Holistic Medicine (Your Responsibilities)

Please help us ensure that we all remain in the best of health!

Dear Friends,

For the safety of our patients and to prevent the further spread of Covid-19, we have revised our practice guidelines for patients in accordance with CDC and WHO requirements.

We will evaluate our patients through telemedicine, phone or Zoom, and schedule “in person” appointment if necessary.

We will be seeing one patient at a time in the clinic (as usual), but there will be a two to three hour gap between patients to allow us to thoroughly disinfect the office. Because of this protocol, we will be seeing a limited number of patients at this time.

Do not come into the office for an “in-person” appointment without talking to us first if:

- You have any of the following symptoms: fever, chills, muscle aches, cough, sore throat, shortness of breath, loss of sense of taste or smell or diarrhea.
- Your body temperature is above 98.6°F. **We require that patients check their temperature right before they come to our clinic.**
- You have knowingly been in contact with anyone who has tested positive for Covid-19.
- You have knowingly been in contact with anyone who has traveled out-of-country in the last 21 days.
- You have been in contact with anyone who exhibits respiratory symptoms.

Please keep everyone safe. Please call FAHM to cancel your “in-person” appointment if any of the above conditions apply to you, and we will schedule a telemedicine appointment.

Before you come to the clinic:

Please use the bathroom before leaving your home and, if possible, refrain from using the bathroom in our clinic. Of course, that does not mean that the bathroom

**Family Acupuncture
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30 ½ George St.

Kittery, Maine, 03904

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in our office is not available; rather, we ask that you only use our bathroom if necessary.

When you arrive for your appointment:

- Please stay in your car when you arrive. We will call you when we are ready for you to come into the clinic.
- Leave all of your belongings including your phone in your car.
- Before leaving your car, please properly put on your mask so that it is securely covering you nose and mouth. We cannot stress this enough; please wear your clean mask. It is a requirement! Please learn how to use a mask correctly at our page:

<https://www.acupuncturefahm.com/post/covid-19-educational-materials>

Proper handwashing is important:

Please wash your hands the moment you enter the office, ***and each time after you touch your face, mask, or any possibly contaminated surface.***

Prior to your appointment, please check your supply of herbs and supplements and let us know if you need refills before coming to your appointment. This will allow us to prepare your medicines for you prior to your visit.

Thank you for your cooperation with our new rules. We are all responsible for reducing the risk of spreading Covid-19. We look forward to seeing you soon!

I, _____ acknowledge the contagious nature of Covid-19 and voluntarily assume the risk of receiving services at FAHM clinic. I hold FAHM and its employees harmless whether a Covid-19 infection occurs before, during, or after I receive services. I have read and agree to the precautionary measures listed above and give my consent to be treated.

Signature of Patient/Parent/Guardian:

_____ Date: ____/____/____