

OFFICE & THERAPY PROTOCOLS Regarding Coronavirus (COVID-19)

Updated: 3/20/20

Providing a **SAFE ENVIRONMENT** for treating your **MENTAL and EMOTIONAL HEALTH** is a primary concern, so I am implementing the following **PROTOCOLS**:

CURRENT PRECAUTIONS

- 1) This office is temporarily adopting a **NO-TOUCH POLICY**, such as handshakes or hugs (waving and air hugs at 6 feet distance are still allowed).
- 2) Door handles & common surfaces are **SANITIZED** between appointments.
- 3) A **CLEAR BARRIER FILM** covers commonly used door handles and is replaced frequently.
- 4) **ANTIBACTERIAL HAND SANITIZER** is available throughout the office for your use.
- 5) Disposable, single-use 4mil vinyl exam **GLOVES** are also available.
- 6) The building management has instituted strict protocols for maintenance and **OFFICE CLEANING**.
- 7) The office air is now filtered with a quiet medical-grade **IQAir HyperHEPA AIR PURIFIER**--one of only a few that cleans ultrafine particles down to .003 microns (viruses range from .004 to 1 micron)!

INFORMATION about APPOINTMENTS

- 1) For anyone concerned about or affected by the Coronavirus, we can make arrangements for a **PHONE CALL, CONFERENCE CALL or VIDEO SESSION** through HIPAA-Compliant **VSee**. Just let me know, and we will work out the details.
- 2) **NEW PAYMENT OPTIONS** are now available. Preferred Apps include: **Zelle** and **Venmo** (please consider signing up if you haven't already).
- 3) Please continue to respect the **24-HOUR CANCELLATION POLICY**.

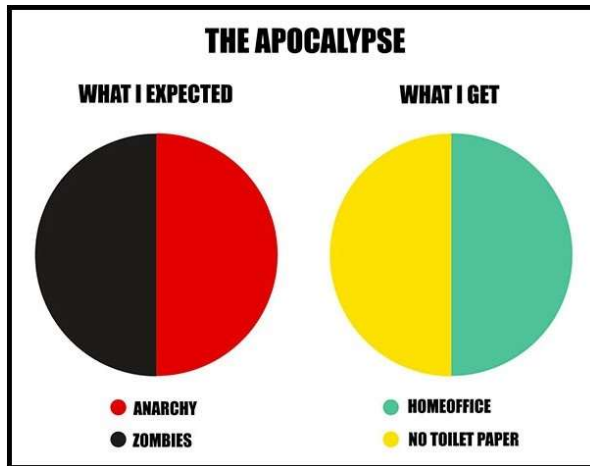
The most up-to-date information will be posted on my **WEBSITE**:

www.IndianapolisTherapist.com

TAKE CARE, STAY SAFE and BE WELL!

Cassandra

A LITTLE HUMOR to OFFSET all this SERIOUSNESS ...



QUARANTINE DIARY

Day 1: I have stocked up on enough non-perishable food and supplies to last me for months, maybe years, so that I can remain in isolation for as long as it takes to see out this pandemic

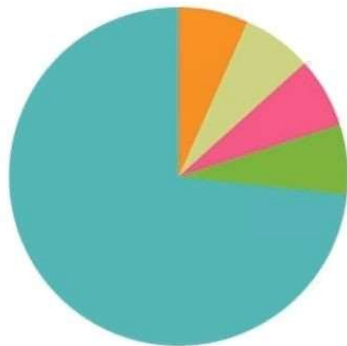
Day 1 + 45 minutes: I am in the supermarket because I wanted a Twix



SOME PEOPLE AREN'T SHAKING HANDS BECAUSE OF THE CORONAVIRUS. I'M NOT SHAKING HANDS BECAUSE EVERYONE IS OUT OF TOILET PAPER.

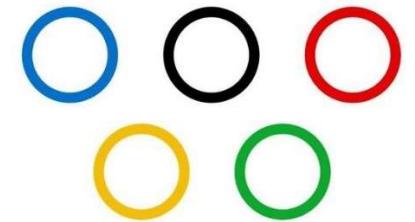


THINGS I'VE LEARNED IN THE LAST FEW WEEKS



- Coronavirus is a novel virus
- The mortality rate is estimated at around 3%
- Coronavirus is transmitted much like flus
- The elderly and those with compromised immune systems are the most susceptible to Coronavirus complications
- I f---ing love touching my face

The CDC said to avoid catching the corona virus don't touch your face. Available at you local pet store in all sizes.



OLYMPIC GAMES TOKYO 2020

When you work at a bank and 2 guys with masks come in, but they're just robbing the place!



QUARANTINED WITH HUBBIE FOR TWO WEEKS - GERTRUDE IS KNITTING SOMETHING SPECIAL FOR HIM!

