

COVID-19 Information

The well-being of my clients, myself, and the community is a top priority as long as COVID-19 continues to be around. I am dedicated to continue to provide a safe space for you at 150 Broadway, Suite 1708 in order for you to receive the same level of care that you expect and deserve. I will continue to closely monitor the evolving pandemic situation and comply with regulations and guidance from local, state, and federal officials. Based on that, the following protocol has been developed:

Eligibility criteria for in-office sessions

- You and I are both up-to-date on vaccination(s) and booster(s). Some exceptions may apply.
- We are not current candidates for a quarantine or isolation period based on health, exposure, or testing per the Centers for Disease Control and Prevention (CDC).
- If we were candidates for a quarantine or isolation period in the past two weeks, we have since tested negative per the CDC guidelines.
- We both follow governmental health and safety guidelines regarding COVID-19, including best hygiene practices to minimize our overall exposure to COVID-19.
- All of the above also applies to anyone who accompanies you to a session.
- You sign a consent form regarding the information in this document.

General hygiene practices for best protection against COVID-19

- Wear a mask when in indoor public spaces if you want extra protection or if you are at risk for severe disease due to age, a weakened immune system, or an underlying medical condition.
- Wash your hands often for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.
- Social distancing: Stay 6 feet away from others whenever possible.
- Improve ventilation and air filtration, such as opening windows (weather permitting) and using HEPA air cleaners.
- Move indoor activities with others outdoors (weather permitting).
- Avoid contact with people who have suspected or confirmed COVID-19.
- Get tested for COVID-19 if you believe you have been exposed to someone who has or may have COVID-19.

Office safety precautions in effect

- Regular housekeeping services, including trash removal, vacuuming, and dusting
- Disinfecting of frequently touched objects and surfaces before and after every session
- Air purifier with HEPA filter in the therapy room
- General hygiene practices above are recommended in and out of the office
- 3-ply masks are available in the waiting and therapy rooms
- Restrooms across from the office for handwashing
- Hand sanitizer (at least 60% alcohol) is available at the building entrance and in the waiting room

When you are at the office

- It is recommended to wear a mask when entering the building and when in common spaces outside the therapy room if you want extra protection or if you are at risk for severe disease due to age, a weakened immune system, or an underlying medical condition.
- Please wash your hands or use hand sanitizer before entering and after leaving the therapy room.
- Be ready to be screened at the beginning of the session regarding your current health, any COVID-19 testing, level of exposure, and recent travel history.

If you become sick or you become exposed to someone who is sick

- Please inform me right away.
- Your personal identifying information will be limited as much as possible if I need to inform others to protect their health.
- We will need to move to online sessions or pause sessions if that is not possible.

Resources

CDC - Updated COVID-19 Vaccine

<https://www.cdc.gov/media/releases/2023/p0912-COVID-19-Vaccine.html>

CDC - Stay Up-to-Date on COVID-19 Vaccines

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

CDC - Symptoms of COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

CDC - COVID-19 by County:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

CDC - How to Protect Yourself and Others:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

NYC Dept of Health - COVID-19: Vaccine

<https://www.nyc.gov/site/doh/covid/covid-19-vaccines.page>

NY State - The Latest on New York's Response to COVID-19:

<https://coronavirus.health.ny.gov/home>

NY State - A Boost in the Fight Against COVID-19:

<https://covid19vaccine.health.ny.gov/booster-doses>

American Speech-Language Hearing Assoc. - Communicating Effectively While Wearing Masks

<https://www.asha.org/public/communicating-effectively-while-wearing-masks-and-physical-distancing/>