**Covid-19 Nutritional Therapy Hygiene Protocol**

Please do not attend your consultation if you think you may have ANY symptoms (even if you don’t believe they’re Covid-19 related). If you’ve been exposed to anyone with the Covid virus, you must self-isolate for 14 days prior to treatment, whether you show symptoms or not. If you have any Covid symptoms, you must self-isolate for 7 days prior to treatment. Please refer to the Govt. guidelines for further info including quarantine following oversees travel: https://www.gov.uk/coronavirus

Otherwise, consultations may go ahead but ask that you adhere to the following:-

* Do not touch any doors/handles/light switches for your own safety – these will be open and on for you.
* Please text or call on arrival at your confirmed consultation time – please do not knock on the door.
* A period of time is now left between appointments to ensure people do not meet on the doorstep and to ensure thorough cleaning in between treatments. Please try not to arrive early and I’ll ensure you leave on time!
* Everyone is asked to wash their hands with soap and hot water on arrival and departure. As usual, I will be thoroughly washing my hands with hot water and soap before and after each consultation, and using hand gel as well. All surfaces are thoroughly disinfected pre- and post-consultation.
* If any equipment is used, such as the Tanita Body Scan Analysis, all surfaces are thoroughly cleaned and disinfected before and after your use. Any medical equipment is used wearing full PPE (gloves, apron, mask and visor) and medical waste disposed of correctly.
* Please bring your own pen, water to drink and hand gel (although there is plenty provided).
* I will be taking my temperature daily before commencing consultations; your temperature will be taken by infra-red thermometer on arrival. The consultation room will be well-ventilated and we’ll be sitting at least 2 metres apart. I will be wearing a mask and visor throughout your consultation, and would ask you to wear your own mask, if possible.
* A Covid-19 Symptoms Check form should be completed and either brought with you to your consultation or emailed back to me in advance, along with this Covid-19 Nutritional Therapy Hygiene Protocol form.
* My usual Terms and Conditions regarding treatment cancellations and postponements (24 hours’ notice) still apply unless you experience Covid-19 symptoms on the day of treatment, and I ask that you please respect these. Please see my website www.amandaheading.com for full Ts&Cs.

If you’re happy for your consultation to proceed under these hygiene measures, please sign and date below:

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I have read and understood the above; I’m happy for my nutritional therapy consultation to take place under these hygiene measures taken and within the knowledge that there is currently a global Covid-19 pandemic.

Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_