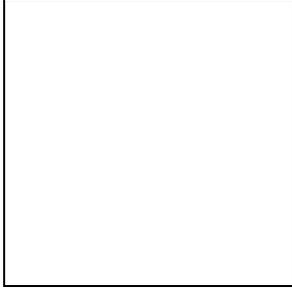


# COVID-19 Updates

## COVID-19 Updates

### PLEASE READ

#### Mask Requirements



At Taos Physical Therapy Inc., your health and well-being is our top priority.

We are monitoring recommendations from the health authorities and we are open to provide the personal care needed for our patients treatment and journey to recovery.

We would like to share some details on the standard daily practices which we have always had at our clinics in addition to extra steps we are taking in light of the virus.

#### **Standard practices that our patients have always experienced at Taos Physical Therapy Inc. include:**

- All of our linens are single use and are cleaned using detergent on high heat  
Wiping down of all treatment beds and equipment after each use with hospital grade disinfectant
- Our clinics are fully equipped with hand washing stations as well as hand sanitizer  
Cleaning high-touch areas with medical grade disinfectant (e.g., door handles, common area surfaces, railings, chairs, light switches, counters, payment machines, exercise equipment and treatment tools)
- Our staff wash their hands thoroughly between treating each patient

#### **Additional steps we are taking now include:**

- Additional training to our staff on increased sanitization/hand hygiene recommendations
- Advising our staff to stay home if they are feeling unwell or have travelled by air in the last 14 days or have had close contact with someone who has travelled by air in the previous 14 days
- Increasing the frequency of cleaning all items listed above
- Monitoring information from our health authorities to adjust our plan based on recommendations
- Treatment tables are at least six feet apart and a reduced patient load allow for greater space between patients and employees.

We know that the COVID-19 virus can be alarming and a bit scary. At Taos Physical Therapy Inc., we see this as a partnership journey with you as we make it a priority to take care of each other.

The steps that we have put in place are due both to our love for our patients but also for our great staff who are here for our patients.

We can all play a role in this joint battle with the virus.

**We respectfully request that our patients:**

- Wash their hands prior to entering our facility and use hand sanitizer in our lobby
- Reschedule appointments for a future date if you are feeling unwell, have travelled by air or out of state in the previous 14 days or have had close contact with someone who has travelled in the previous 14 days

**Here are some tips that we can all follow in our daily lives:**

- Wash your hands frequently with soap and warm water (for at least 20 seconds). Alcohol based hand sanitizer is a good option if soap and warm water is not available
- Cover your mouth and nose with the inside of your elbow when coughing or sneezing
- Regularly clean high touch objects and surfaces
- Avoid contact with people who are sick
- Avoid touching your eyes, nose and mouth
- If you feel sick, stay home and avoid public spaces

At Taos Physical Therapy Inc., the health of our patients is the cornerstone of why we exist. We look forward to continuing to be a partner in your health and wellness journey and taking steps with our patients to create a healthy and sanitary environment.

The team @ Taos Physical Therapy Inc.

## **COVID-19 mask requirements**

**Masks protect us all!** Use cloth face coverings to help slow the spread of COVID-19.

Thank you for helping us to help you during this difficult time. As always we continue to be compliant with the CDC's recommendations. Their latest announcement is regarding face masks, and how wearing them can reduce the spread of COVID-19 ([CDC's communication](#)). Beginning Monday, April 13, we will be wearing masks and ask that you support our community by donning a mask as well while in the clinic.

We greatly appreciate the donations we have received from patients in order to keep us safe in the clinic. **Check out this quick tutorial on [How To Make A Homemade COVID-19 Mask In 2 Minutes](#) for instructions, including videos.**

Please help us to continue treating our community and maintaining a healthy clinic, with healthy patients, by adhering to the guidelines and our new policies set forth by the CDC. We all play an important role in reducing the spread of COVID-19.

Let's keep working together!

Stay safe and stay healthy,

**Taos Physical Therapy**

## **Telehealth Info and Tips**

### **Telehealth May Be an Option During COVID-19 Pandemic**

The COVID-19 pandemic seems to have stopped much of the world. Once busy streets and shops are empty, activities are cancelled and you may not even be going to work. One thing that the virus has not stopped is pain and injury. Maybe you were seeing your PT when stay at home orders were issued. Maybe you've been having more pain and soreness in your back or neck because of all the time you've spent in front of the computer working at home, or maybe you hurt yourself over the weekend doing some yard work or exercising to relieve stress. How do you get the care you need without putting yourself or others at risk during this time of social distancing?

#### **Telehealth**

Technology like the internet, electronic medical records, online patient portals, smartphones and webcams open up treatment and intervention options that may be new to both you and your provider. Virtual platforms allow one-on-one interactions in real time. Patient portals allow uploads and updates of home exercise programs and educational materials. You may not be able to go to your PT, but your PT may be able to come virtually to you! Rules and regulations vary from state to state, and insurer to insurer. They are also being rapidly updated and changed to respond to the COVID-19 pandemic, so the best way to find out what is available to you is to contact your physical therapist and ask!

#### **Virtual Visit Tips**

- You'll need a device with a screen, camera and microphone. This could be a smartphone, tablet, or computer
- You may need a specific app - your therapist will tell you what you need and where to find it
- Choose a private space where you feel comfortable to conduct your visit. Make sure you have room to move, this is still a PT visit and movement is the whole point!

- Wear clothes that you can move in, and that your PT can see you move in. Very loose, baggy clothing makes it hard for your PT to see and evaluate your movement
- Collect any equipment you may have beforehand, so your PT knows what you have to work with. Examples might include resistance bands, foam rollers, yoga mats and handweights, etc.
- Be ready to get creative and have fun! For many patients and therapists, televisits are a new experience so expect to work together and try new things to find what works best for you.