



*Helping each client take the next step!*

## **COVID-19 Response**

### **Growing Steps Physical Therapy LLC In-Person Treatment Procedures**

The COVID-19 pandemic has had far reaching consequences on all of us. Growing Steps Physical Therapy LLC is committed to meeting the challenges that COVID-19 continues to pose. The following information describes steps we are taking to provide our clients high quality care and minimize risk.

Citing data showing improvements in COVID-19 cases the state, the Governor of Maryland, Larry Hogan, has begun relaxing restrictions previously imposed to allow for certain activities to resume. Growing Steps Physical Therapy LLC has reviewed these announcements as well as publicly available information about COVID-19, and we have updated our in-person treatment procedures accordingly.

#### **Family Education and Consent**

Prior to rendering any physical therapy services, Growing Steps Physical Therapy LLC will provide information on COVID-19 to prospective patients and their families. Growing Steps Physical Therapy LLC will provide a Treatment Form outlining the risks COVID-19 poses and seeking patient/family consent to proceed with in-person treatment.

#### **COVID-19 Screening Questionnaire**

Prior to participation in physical therapy services with Growing Steps Physical Therapy LLC you will be requested to complete a Screening Questionnaire. It is important for your health, and the health of your therapist, as well as the health of the family and friends with whom they come into contact with, that the Questionnaire be completed accurately and honestly.

In the event that there is a likelihood of COVID-19 exposure Growing Steps Physical Therapy LLC will not be able to provide in-person physical therapy services. In that event, we would be pleased to offer services via telehealth.

#### **Treatment Protocols**



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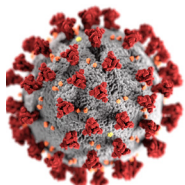
**Handwashing/Sanitizing:** Growing Steps Physical Therapy LLC will require the therapist to hand wash/sanitize prior to each treatment session and during each session as may be necessary to reduce the possibility of transmitting germs by touch. Growing Steps Physical Therapy LLC will require each patient to wash (or have help washing) their hands and face prior to the treatment session. Equipment may be brought by the therapist to be used during treatment and this equipment will be cleaned and sanitized before and after use during treatment.

**Masks:** Growing Steps Physical Therapy LLC will require the therapist to wear a face covering and other personal protective equipment as may be appropriate. Patients who are able and any caregiver present for the treatment session will likewise be required to wear a face covering. (Typically children under three (3) years old are not able to wear a face covering and will not be required to do so.) In cases where an individual cannot wear a face covering for medical or health reasons (e.g., asthma), such individual will be asked to maintain a physical distance of at least six (6) feet from the patient and therapist.

**Treatment Session Attendance:** Growing Steps Physical Therapy LLC requests that only patients and caregivers attend treatment sessions. We understand that this may not always be possible for client families. In cases where other family members or persons are present for a treatment session, Growing Steps Physical Therapy LLC will require such individuals to physically distance at least six (6) feet.

**Outdoor Treatment:** As may be possible and consistent with the care needs of the patient, Growing Steps Physical Therapy LLC will encourage treatment sessions to occur outdoors.

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)