

## COVID-19 Plan for Therakids Plus, Inc.

The following information is from the CDC effective 8-1-2021

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Patient Guidelines – Unvaccinated

Please stay home if you have symptoms of COVID virus.

- Patients who have [symptoms](#) should notify Therakids Plus, Inc. and stay home. CDC recommends [testing](#) for people with any signs or [symptoms of COVID-19](#) and for [all close contacts](#) of persons with COVID-19.
- Patients who are sick with COVID-19 should [isolate](#) and follow [CDC-recommended steps](#).
- Patients who are asymptomatic (have no symptoms) or pre-symptomatic (not yet showing symptoms) but have tested positive for SARS-CoV-2 infection should also [isolate](#) and follow [CDC-recommended steps](#).
- Patients who can, should consult with their therapist about Telemedicine visits while in quarantine.
- Patients should not return to therapy clinic until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers.

- Patients who are well but who have a sick household member with COVID-19 should notify Therakids Plus, Inc. and follow [CDC-recommended precautions](#).

### **Fully Vaccinated**

- [If you are fully vaccinated](#), you can participate in many of the activities that you did before the pandemic.
- To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area [of substantial or high transmission](#).
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.
- You should continue to wear a mask where required by laws, rules, regulations, or local guidance.

### **Fully Vaccinated – Exposed to someone who has COVID**

- Get tested if experiencing [COVID-19 symptoms](#). Notify Therakids Plus, Inc. if you have been to one of our clinics recently.
  - If you test positive, then follow guidelines described in unvaccinated section.
  - If you came into [close contact](#) with someone with COVID-19 get tested 3-5 days after the date of your exposure and wear a mask in public indoor settings for 14 days after exposure or until a negative test result.
  - Isolate if they have tested positive for COVID-19 in the prior 10 days or are experiencing [COVID-19 symptoms](#).
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### **Clinic Operation**

1. Therakids has no waiting room – we ask that parents notify us when they arrive and then remain outside or in their car. A therapist will come out to pick-up and then return your child when session ends.
2. Therakids only allows one patient/therapist to a room.
3. Patients (if appropriate) and family members are required to wear a mask, adhere to social distancing, and maintain hygiene while in clinic. We only allow one parent to attend a session and they must remain in the room at all times. We ask that siblings do not attend.
4. Therapists will sanitize therapy room and objects before, during and after session; therefore, we will follow closely out standard therapy minute protocol. This means that if your child attends a one hour session, at the 50 minute mark, the session will end. A 30 minute session will end at the 25 minute mark. This will allow therapist to write your child's progress note and sanitize for next patient. Patients will wash hands before and after session.
5. Therapists will wear a medical grade mask / 3 layer cloth mask, and/or use a face shield.
6. We require all patients and family members to wear a mask. If your child is unable to wear a mask, the therapist will add a face shield.
7. Carpets have been removed and replaced with vinyl flooring in therapy rooms. The gym has carpet but mats are used and regularly sanitized before and after use.
8. Therapists and staff have been trained on appropriate COVID-19 guidelines and precautions.
9. Therakids will be transparent and use contact tracing if possible – If any of our staff are exposed or has the COVID-19 virus, all patients will be notified. We ask that families respond the same.
10. Therapists are required to cancel sessions or move it to a Telemedicine visit if they are running a fever, feel ill, have been exposed to COVID-19 in any form, or have symptoms of virus.
11. Therapists are required to test negative for COVID-19 prior to returning to face to face therapy sessions.
12. Parents will be asked to sign a consent form when attending clinic sessions.