

July 1, 2021

To our patients,

EVOLVE Acupuncture is following all CDC Guidelines for healthcare facilities. We wanted to reach out and provide an update on the steps we are taking in our clinic with COVID-19. As a health care facility, we are following the recommendations from the CDC, our state government and national organizations. Acupuncture is considered essential healthcare by the State of Michigan.

Please use the online scheduler to schedule your appointments found on our website at www.acu-evolve.com.

EVOLVE Acupuncture continues to take extra precautions to provide you with a sanitized environment to minimize risk and exposure. These enhanced guidelines are being implemented for our patient's safety.

We want you to feel safe and comfortable when visiting our clinic. We will continue to keep our patients updated as things change.

EVOLVE Acupuncture requires our clients to wear face masks inside the clinic.

What we are doing:

- Sanitize using Germicidal Disposable wipes (*specifically for healthcare professionals*) to clean all surfaces in our waiting room, bathroom, common areas and treatment rooms.
- Sanitize all accessories – including cupping/guasha tools, call buttons and face cradles.
- Follow CDC approved hand washing and personal guidelines between every patient.
- Use only sterile, single use, disposable needles and dispose in biohazard containers.
- Screen patients before entering the clinic to ensure no upper respiratory symptoms.
- Encourage hand washing and provide hand sanitizer in all areas of the clinic to patients.
- Require patients to wear a face mask inside the clinic and remove shoes in waiting area.
- Limit patient interaction by reducing the schedule and ask patients to stand 6 feet apart.
- Provide contactless check-in and check-out for our patients.
- Create a COVID-19 Response Plan for the clinic.
- Continue to stay updated on CDC approved guidelines.

What you can do:

- **Please wash your hands for at least 30 seconds upon arrival to our clinic.** Use hand sanitizer as an alternative.
- Limit bringing in any personal items into the clinic. No outside food or drink.
- Remove your shoes and leave them on the shoe rack in the waiting area. Bring socks.
- If you arrive with a guest, please have them wait outside in the car during your treatment. You may bring a guest with you during your first appointment only.
- **If you are feeling ill with any upper respiratory symptoms, please reschedule your appointment and don't come to the clinic.** This includes fever, sore throat, runny nose, cough or trouble breathing. We advise you to see your primary care provider.
- **If you have been in contact with someone diagnosed with COVID-19, we ask you to please wait at least 14 days before scheduling your appointment** to ensure you are outside self-isolation recommendations by the CDC. This is for the safety of our patients.
- **If you have traveled internationally or domestically, we ask you to please wait at least 7 days before scheduling if you are fully vaccinated or 14 days if you are not fully vaccinated.**

Please keep in mind:

- Acupuncture, Chinese Herbal Medicine and Massage therapy can help to strengthen the immune system, reduce anxiety and stress and have a calming effect on the body.
- **Remember, you can keep your immune system healthy** - eat healthy, limit sugar, stay hydrated, get adequate rest, reduce stress, practice breathwork and continue with your scheduled acupuncture and massage appointments.

Please do not hesitate to reach out anytime. We are here to answer any questions you may have and support you during this period.

Mike Tocco

(248) 955-1215

www.acu-evolve.com