



As we gently re-emerge from COVID-19 isolation, it is important to remember the virus is still present in our community and our actions going forward are to *reduce the risk* of infection to ourselves and others. I will begin offering treatments, however you will notice changes derived from the latest scientific and professional guidance which will be in effect for the foreseeable future; they are my thoughtful response to a decidedly callous virus and will morph to meet emerging needs.

When the time is right for you to return to acupuncture treatment, here's what you need to know, and be willing to accept for yourself, before coming in:

- ◆ As always, there is no cancellation fee due to illness. If you *think you might* be getting sick, **stay home**.
- ◆ Your first session back will last up to 1 hour 15 minutes so I have time to reassess you, recognizing changes may have happened in the past months. Each appointment thereafter will be up to 1 hour.
- ◆ The business day before your appointment we will call to complete a phone screening. You will also have the option to pay using your credit card or schedule future appointments. We will ask if you've had contact with a known COVID-19 positive person or experience any of the following:
 - *New* fever or chills
 - *New* cough
 - *New* sore throat
 - *New* shortness of breath
 - *New* Loss of taste or smell
 - *New* nasal congestion or runny nose
 - *New* fatigue
 - *New* muscle soreness or shaking
- ◆ Please wait in your vehicle until signaled to come in and don't bring anyone to treatment with you.
- ◆ Upon entering the office, we will briefly review the above questions and take your forehead temperature using a touch free thermometer. Presence of symptoms will necessitate rescheduling.
- ◆ You must wear a mask at all times while in the office. Due to mask shortage, I ask you to bring your own mask (a double layer homemade mask is fine).
- ◆ You must sanitize your hands with the sanitizer inside our office.
- ◆ I am keeping the use of linens and blankets to a minimum. If possible, please dress in loose fitting layers so we can access points while you stay warm and covered.
- ◆ If you didn't already prepay or schedule over the phone, these will be handled after treatment while keeping distance from Harmony's desk.
- ◆ Even employing best practices, we are still sharing space and can be exposed to a variety of germs!
- ◆ Please notify us immediately if you test positive or experience symptoms within 14 days of your visit.

To accommodate additional disinfecting and other steps required between patients and minimize office traffic, there are fewer appointment times available and will not keep to the previous schedule.

We are all in this together and I look forward to being with you when it is right for you! I honor all decisions you make for yourself and appreciate your understanding and consideration as I strive to safely serve you during these everchanging times. Our collective health and wellbeing are paramount!

Be well and look for the bright spots in every day!

Dr. Kathryn Wells

20 Memorial Dr. Suite B
Pinehurst, NC 28374
910.295.1215
WellsAcupuncture.net