



CORONAVIRUS INFORMATION

We have made changes to our working practices to reduce the risk of infection from Coronavirus. We are keeping the situation under constant review and are in touch daily with our regulatory bodies so that we are up to date with the safest measures in order to protect from the threat of COVID-19.

Please be aware of the following changes before coming in for your appointment with us in order to provide you with effective care that is also COVID-safe.

- Please come into the clinic alone, unless you are bringing a minor or a person in need of assistance
- Please arrive on time for your appointment to avoid too many people in the clinic at one time
- Please sanitise and/or wash your hands upon arrival to the clinic
- Please complete the COVID-19 screening questionnaire upon arrival and give your consent to risks of attending the clinic
- Your temperature will be checked on arrival
- Please wear a mask into the clinic. Your Practitioner will be wearing a mask, gloves, and plastic apron whilst treating you
- Please wear loose clothing to your treatment

If you have symptoms of COVID-19, you must not attend the clinic. These include;

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

F.I.T.T.CHIROPRACTIC
Functional Integrated Therapy Techniques



***KEEPING YOU FITT, KEEPING YOU MOVING WE LOOK
FORWARD TO SEEING YOU!***