



INFORMED CONSENT FOR IN-PERSON SERVICES DURING COVID-19 PUBLIC HEALTH CRISIS

This document contains important information about our decision (yours and mine) to opt for in-person services (whether sometimes or for every meeting) in light of the COVID-19 public health crisis. Please read this carefully and let me know if you have any questions.

Decision to Meet Face-to-Face

We have agreed to meet in person for some or all of our future sessions. If there is a resurgence of the pandemic or if other health concerns arise, or if I am unable to work away from home for any reason, however, I may require that we meet via telehealth. If you have concerns about meeting through telehealth, we will talk about it first and try to address any issues. You understand that, if I believe it is necessary, I may determine that we return to telehealth for everyone's well-being.

If you decide at any time that you would feel safer staying with, or returning to, telehealth services, I will respect that decision as well.

Risks of Opting for In-Person Services

You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus (or other public health risk). This risk may increase if you travel by public transportation, cab, or ridesharing service.

Responsibility to Minimize Your Exposure

To obtain services in person, we agree to take certain precautions which will help keep everyone (you, me, and our families, and other patients) safer from exposure, sickness and possible death. If you do not or for some good reason can not adhere to these safeguards, it may result in our starting / returning to a telehealth arrangement. Initial each to indicate that you understand and agree to these actions:

- You will only keep your in-person appointment if you are symptom free.
- If you have any symptoms typical of the coronavirus (see below), you agree to cancel the appointment or proceed using telehealth. If you wish to cancel for this reason, I will not charge our normal cancellation fee. Please let me know as soon as you can before an appointment if you have any of the following symptoms, with your choice of cancellation or proceeding with telehealth for our appointment:
 - Fever
 - Chills
 - New cough or worsening of chronic cough
 - Shortness of breath
 - Loss of sense of smell or taste
 - Diarrhea
 - Nausea or vomiting



- You will wait in your car or outside [or in a designated safer waiting area] until no earlier than 5 minutes before our appointment time.
- You will wash your hands or use alcohol-based hand sanitizer when you arrive at my office.
- I will have masks available should you choose to wear one. I can wear my mask if requested. You can also bring in your personal mask.
- You will keep a distance of 6 feet and there will be no physical contact (e.g. no shaking hands) with each other.
- You will adhere to the safe distancing precautions I am sharing with you here:
 - You will wait outside my office door about 6 feet away. At the time of our appointment I will open both doors, greet you and stand back outside the office, letting you enter in front of me. You will come through, use the provided hand sanitizer (or use the sink to wash your hands if that is preferred), and sit or stand near the window end of the blue couch. I will close both doors, sanitize my hands and sit down in my chair. There are two strips of masking tape indicating 6 ft between our chairs for your reference.
- You will try not to touch your face or eyes with your hands. If you do, you will immediately wash or sanitize your hands.
- You will take steps between appointments to minimize your exposure to COVID.
- If you have a job that exposes you to other people who are infected, you will immediately let me know.
- If you or a resident of your home or your social bubble tests positive for the infection, you will immediately let me know and we will then [begin] resume treatment via telehealth.
- If you learn of a risk of having been exposed, you will let me know immediately.
- If you travel outside the province, or outside the country, or come into close contact with someone who has travelled between provinces or abroad, you will let me know immediately.

I may change the above precautions if additional local, provincial or federal orders or guidelines are published. If that happens, we will talk about any necessary changes.

My Commitment to Minimize Exposure Risk

I pledge to also adhere to the above described precautions, and will suggest alternative arrangements if I develop any symptoms or experience any of the above risks. I pledge to adhere to the above protocols with all of my clients, as an important step to reduce the risk of spreading the coronavirus within the office. I have developed a COVID safety plan that I have posted at the office and online, along with this Covid-specific consent form. Please let me know if you have questions about these efforts.

If I or someone at my residence or my social bubble tests positive for the coronavirus, I will notify you immediately so that you can take appropriate precautions.



Disclosure regarding School:

I have a child who returned to attend elementary school full time this September. According to provincial guidelines, social distancing is not expected of elementary school age children. Each student belongs to a “pod” of no more than 60 people (two classes plus regular teachers), within which they are not required to practice social distancing, nor are they required to wear a mask. Guidelines at school are in place to support them not to mingle with students outside of this learning pod. This has vastly increased my extended bubble, so I want to let you know explicitly that this is the case. This is another reason why I will insist on us following safety protocols at the office to their full extent, so that in person counselling can remain an option for my practice at this time.

If You or I Are Sick

You understand that I am committed to keeping you, me, and all of our families safe from the spread of this virus. If you come to an appointment and I believe that you have a fever or other symptoms, or believe you have been exposed, I will have to require you to leave the office immediately. We can follow up with services by telehealth as appropriate. If you come into the office and feel unsure about my health, or have any questions or concerns, please speak up at any time.

Your Confidentiality in the Case of Infection

If you have tested positive for the coronavirus, I may be required to notify local health authorities that you have been in the office. If I have to report this, I will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for our visits. By signing this form, you are agreeing that I may do so without an additional signed release.

Informed Consent

This agreement supplements the general informed consent that we agreed to at the start of our work together.

Your signature below shows that you agree to these terms and conditions.

Patient/Client

Date

Therapist

Date