

# We are working to help you stay healthy and keep moving!

Our practice is open to help treat your health issues and keep you safely moving. We take health and hygiene seriously and have implemented measures to help keep ourselves and our clients healthy.

✔ contact us for a telehealth appointment if you:

- meet government requirements to isolate;
- are feeling unwell; or
- prefer to stay at home.



*\* Note – health funds do not currently rebate telehealth appointments for myotherapy services. We encourage you to contact your Private Health Insurer for further advice.*

- ✘ handshaking or other physical greetings
- ✔ hand sanitisers for all staff and clients
- ✔ clean and disinfect shared high-touch surfaces regularly
- ✔ open windows and air conditioning adjusted for more fresh air
- ✔ waiting room chairs 1.5 metres apart
- ✔ no more than one person per 4m<sup>2</sup>
- ✔ remove magazines, books and other reading materials from waiting rooms
- ✔ use only disposal cups from water dispensers
- ✔ completed Australian government Covid19 infection control training

Before seeing each patient, we:

- ✔ practice good hand hygiene – we wash our hands before every patient
- ✔ disinfecting – we disinfect high-touch surface before every patient

For more information on the coronavirus, you can contact:

- Coronavirus Health Information Line, Department of Health on 1800 020 080 (operates 24 hours a day, seven days a week)
- The Public Health Information Line on 1800 004 599

*For the latest information about the Coronavirus, visit the Department of Health website at [www.health.gov.au](http://www.health.gov.au)*