

COVID-19 Pandemic Easy Patient Preparedness Treatment Checklist

Before Leaving the House or Office:

- Get dressed in loose, comfortable clothing that can be rolled up.
- Finish eating, take a last sip of water, use your household restroom.
- Grab your mask or face covering.
- Take your temperature. Write it down here_____.
- Ask yourself: Have I been around someone who has or thinks they have COVID-19?
- Ask yourself: Do I have a new dry cough, shortness of breath, or loss of taste or smell?
- If my temperature is less than 100.4 and I answered “No” to the above, drive to KMA.
- If my temperature is 100.4 or higher or I answered “Yes” to the above, text my practitioner to cancel my appointment.
 - Tracy: 410-627-3387
 - Camilla: 410-570-9299
 - Becky: 240-461-7968
 - Sara Jaye: 443-942-7817
 - Sarah (massage): 410-693-0248

Arrival in Parking Lot:

- Send a text to your practitioner: “I have arrived in the parking lot. My temperature is _____. I do not have respiratory symptoms.”
- Remove additional clothing layers such as jackets. Remove jewelry. Secure all valuables out of sight in your locked car including large bags and purses.
- Put on your mask or face covering.

Proceed to Clinic and Enjoy Your Treatment:

- When you receive a text from your practitioner, proceed to the glass entrance to KMA.
- Allow your practitioner to open the door for you. *What service!!!*
- Wash your hands with soap and water in our sink. Allow your practitioner to turn on and off the water and administer the soap.
- Proceed to treatment room. Place personal items in provided tray. Use chair in room to remove shoes and socks.
- Relax on the treatment table and enjoy your time with us!
- Let your practitioner know if you need any herbal supplements or essential oils.
- At the end of your treatment, please allow the practitioner to open your treatment room door and the clinic door to exit the building.
- Watch for your invoice via email and schedule your next appointment using Schedulicity: <https://www.sedulicity.com/scheduling/KMAA8R>
- Questions about your receipt? Difficulty scheduling? Email Sally: manager@kunlunmtn.com