



Hello and welcome to Breakthrough Counseling. I am currently providing limited in-person counseling due to Covid-19 safety guidelines. I would like to outline some precautionary measures I am taking and ask of you as well. It is impossible to know everything about what and what not to do regarding coronavirus. My intention is to safeguard my health and yours.

What I will do:

1. I will conduct counseling in the waiting room to accommodate more room for distancing and ventilation. Because of where we will be meeting, I cannot promise anonymity of your identity. I have tried to configure the furniture to assist in that while maintaining space and air flow.
2. I will offer an alternative waiting room with a separate entrance that is along the west side of the building. It is the first door to the right and it will be unlocked. Feel free to wait there.
3. I will clean and disinfect common areas such as the front door and the bathroom.
4. Tissues with a garbage can are available.
5. Hand sanitizer is available.
6. Disposable hand towels are available for bathroom use.
7. If I experience symptoms of any sickness, I will reschedule your appointments. A list of CDC guidelines regarding symptoms relevant to in-person counseling are below.
8. I will end appointments on time (45-50 minutes in length) to allow 10 minutes before the next appointment time to clean and disinfect areas touched/used.
9. I will start your appointment exactly on time notwithstanding an uncontrolled situation.
10. I may wear a mask however they often hinder talking. If you would feel safer, I will be happy to wear one.
11. I will wash my hands before and after your appointment.
12. I will use tissues and cough into my elbow if needed.
13. I will use gloves if I must run your card.
14. If you've been out of country for any reason, I will provide in -person counseling 1 week after your quarantine period.

What I require you to do:

1. Do not come earlier than 1 minute before your appointment time since the waiting room will not be available for waiting. You may use the alternative waiting room if you arrive earlier.
2. Use tissues, cough into your elbow.
3. Feel free to use the bathroom at your discretion. As a suggestion, wash your hands before flushing so you do not transmit or receive germs from the flush handle, then use the paper towel to flush.
4. If you experience *any* illness symptoms, please reschedule your appointment. We can use Zoom to meet.
5. You may wear a mask at your discretion.
6. If you work with individuals that expose you at a higher risk to the virus, such as one-on-one patient care such as a hospital, home health, nursing or assisted care, jail, medical clinic, etc., please discuss with me before resuming in-person counseling.
7. If you have been out of country for any reason, please do not keep appointments until you've completed your complete quarantine period.

Symptoms associated with the virus are:

- Fever
- Cough and/or shortness of breath

To protect yourself, there are several simple preventative actions you can take:

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

My Pledge:

I will take reasonable measures to protect myself and my clients whenever I am providing face to face counseling by maintaining a reasonable distance and following CDC guidelines for safe meetings.

Agreement:

I knowingly and of my own volition consent to in-person counseling services by Sonjia Serda via Breakthrough Counseling. I knowingly agree to not hold her or Breakthrough Counseling for potential or actual exposure to/or getting coronavirus/COVID-19. I will not pursue legal proceedings against her for my willing participation in face-to-face counseling knowing I may be unintentionally exposed to the coronavirus. This exemption applies to my spouse/partner/significant other, family members, friends, caregivers, other interested individuals, organizations, or others who may report a stake or legal standing on my behalf. This consent will expire when I terminate counseling with Sonjia Serda.

Sonjia Serda, Breakthrough Counseling

Client Signature

Date

Client Signature

Date