

Body Be Great – Safety and Hygiene Statement

With the justifiable fears around COVID-19, we would like to inform all patients of our current hygiene and infection-control safety practices, and additional measures we have implemented to ensure our patients are as safe as possible when receiving treatment at Body Be Great Physiotherapy.

Our current hygiene measures include:

- **Single use linen for every patient** – all our sheets, pillowcases and towels are used only once for each person, and then commercially laundered.
- **Washing and sanitising** of hands/arms before and after every treatment,
- All **contact surfaces** (including the treatment table, desk, Tyro and Eftpos machine etc) are cleaned with hospital grade disinfectant **between every appointment**.
- **Disposable face-pads** are hospital grade and single use for each patient.
- We use **disposable gloves and alcohol wipes** for dry-needling treatments at all times, and our acupuncture needles are **single use and disposed** of safely.
- New patients can complete and submit **forms online** to avoid unnecessary handling of paper and pens.

These measures are common practice at the clinic however, due to the serious nature of the COVID-19 virus, we are also taking the following additional precautions:

- We ask that any patient **feeling unwell and experiencing any symptoms** to let us know and postpone their appointment. If you do show signs of infection when you arrive, we will immediately postpone your treatment.
- We ask all patients to **sanitise their hands** before entering the premises.
- We may use **face masks and/or gloves** to reduce risk if required during certain treatments.
- We offer **telehealth appointments** for anyone unable to attend but needing advice.
- Exercise classes are **conducted online** in the comfort of your home until restrictions are lifted and it is safe to resume group sessions.

We are following Western Australian Government Health guidelines and act in accordance with their directives.

For current patients requiring advice or rehabilitation plan changes and are unable to attend, we will stay in touch via phone and email, to ensure you are supported in your recovery.

Goshka Alvary
Principal Physiotherapist