

2021/22

Considerations for In-Office Meetings

This document is designed to help us consider the risks and safety measures we might practice when meeting in my office during the public health crisis. Please read it carefully and discuss your concerns with me so we can make an agreement together.

Decision to Meet In-Office:

Currently I administer therapeutic services in Beaverton and virtually (doxy.me/swanpsychological). When you feel the need to meet in my Beaverton office, please let me know so we can discuss the importance of doing so* and how to carry it out. If you change your mind about meeting in-office we can revert back to telepsychology very simply.

Risks of Meeting In-Office:

While COVID19 becomes less dangerous to our health there is still much fear about the unknowns. The CDC specified that the most common form of transmission is not from touching surfaces but through talking in close contact with one another (6 feet) for periods of 15 minutes or more. The virus can be passed along while we are symptom free.

Practices to Reduce Risk of Infection:

In order to reduce risk of spreading infection during in-office meetings I suggest the following:

1. Only meet in-office if we both arrive symptom free.
2. ~~Measure our temperature within the hour before in-office appointments and, if either of us have a temperature of 100 or higher, inform the other person so we can move our meeting to my virtual office. If you don't have access to a thermometer let me know, I have a solution.~~
3. Inform each other if we suspect that we have any of the well-known symptoms of COVID-19: Cough, Shortness of breath or difficulty breathing, and Fever/chills.
4. Report to each other less common symptoms: chills, muscle pain, sore throat, new loss of taste or smell.** Also report if we have been with other people who we believe are infected.
5. ~~Please wait in your car (the new waiting room) at the back door until I show up to let you into the building. I would like to open all doors during your visit. (If you need the restroom before I arrive and the building doors are unlocked, feel free to enter. The restroom passcode is still #4900).~~
6. Wear a mouth/nose shield in my room until the state of Oregon has removed this mandate.
7. Let's try to keep 6 feet of space between us (except, of course, if I open doors for you.)
8. ~~Find ways to remember not to touch our own face, mouth, nose or eyes.~~

From time to time we will assess how well these precautions are meeting our safety needs and make modifications as more is known about the virus, safety measures, and regulations.

