

COVID-19

RISKS INVOLVED IN ATTENDING A FACE-TO-FACE CONSULTATION

THE RISKS OF A FACE-TO-FACE APPOINTMENT

Face-to-face treatment increases the chances of you being exposed to the Coronavirus because:

- When you leave your home you come into contact with other people and surfaces that may be unknowingly infected.
- You come within 2 meters of the Therapist, who may be asymptomatic but infectious.

HOW CORONAVIRUS IS TRANSMITTED

- Coronavirus is primarily transmitted from person to person through small droplets from the nose and mouth, which are expelled when a person with COVID-19 coughs, sneezes or speaks.
- People can catch COVID-19 if they breathe in these droplets from an infected person. Which is why it is important to stay 2 meters away from other people.
- The air bourn droplets can land on objects and surfaces eg. table, door handles. If you touch these surfaces, and then touch your eyes, nose or mouth, you may contract the virus.
- This is why it's extremely important to wash your hands regularly with soap and water or clean with alcohol-based gel.

MINIMISING RISK WHEN ATTENDING A FACE-TO-FACE APPOINTMENT

Read and follow the guidance provided by the Clinic - **HOW TO PREPARE FOR YOUR FACE-TO-FACE APPOINTMENT** - which can be found on our website (www.montaguclinic.com)

Complete and return the 'pre-attendance questionnaire' 24 hours before your appointment.

Remember there is always the option of a 'remote' appointment if you prefer, and we may recommend this prior to your face-to-face appointment should we feel it necessary.

Keep up to date with Government advice which can be found here:

<https://www.gov.uk/coronavirus>
[Coronavirus \(COVID-19\) - what you need to know](#)