

COVID-19 UPDATE AND GUIDE FOR ATTENDING

As you are all aware, we are currently in the midst of a phased return to a 'new normal' following the strictest lockdown that any of us have ever experienced.

With the easing of control measures the College of Podiatry has relaxed the rules on who can now attend for their footcare. Once patients who have been assessed as being in the red and amber categories (risk due to underlying health conditions, risk of infection or key workers with extreme foot pain) have been rebooked and seen I can start to see those who fit into a lower risk category (green).

I will phone and triage patients before booking them to ensure that they are suitable to come in to clinic but I would urge to have a look below to remind yourself of the measures I have put in place to keep us all safe.

Please do not attend if you or any member of your household feel unwell, have a temperature, new cough or have lost smell or taste. Please follow all government advice on quarantining.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-guidance-for-households-with-possible-coronavirus-infection>

MEASURES I HAVE PUT IN PLACE

- ✓ Increased length of time between appointments to avoid patients meeting in the clinic.
- ✓ The waiting room is not currently being used. This is to avoid any cross over between patients.
- ✓ My usual high standards of cleanliness with increased cleaning in between appointments.
- ✓ In addition to my usual PPE I will be using a face mask in line with guidance from my professional body.
- ✓ A sneeze shield will be in situ during your consultation and treatment.

MEASURES I WOULD LIKE YOU TO TAKE

- ✓ Please attend as close to your appointment time as possible. I will let you into and out of the clinic. This minimises your contact with the clinic surroundings.
- ✓ Please do not bring anyone with you to clinic (except a parent to a minor, carer or guardian.)
- ✓ If you are able to, please wear a face mask.
- ✓ Please do not wear gloves into the clinic. (they are more of a risk unless used absolutely correctly)
- ✓ Please pay using the card machine in clinic if you can.

These measures are in place in order to try and minimise spread of the virus.

I am looking forward to seeing you all in the very near future.

Rebecca x