

Cameray Child & Family Services

IN-PERSON SERVICES DURING COVID-19 PANDEMIC INFORMATION SHEET

This document contains important information about our decision (yours and mine) to engage in in-person services in light of the COVID-19 public health crisis. Please read this carefully and let me know if you have any questions. When you sign the *"In-Person Services Informed Consent During COVID-29 Pandemic"* document, you are agreeing to these terms.

Decision to Meet Face-to-Face

We have agreed to meet in person for some of our sessions, with the knowledge that in-person counselling will be provided on a limited basis. If there is a resurgence of the pandemic requiring further restrictions or if other health concerns arise, however, I may require that we meet via virtual services (video or telephone). If you have concerns about meeting through virtual services, we will talk about it first and try to address any issues. You understand that, if I believe it is necessary, I may determine that we return to virtual services for everyone's well-being. If you decide at any time that you would feel safer staying with, or returning to, virtual services, I will respect that decision, as long as it is feasible and clinically appropriate.

Risks of Opting for In-Person Services

You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus. This risk may increase if you travel by public transportation, cab, or ridesharing service.

Your Responsibility to Minimize Your Exposure

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, me, and our families, and other Cameray staff and clients) safe from exposure. If you do not adhere to these safeguards, it may result in our starting / returning to a virtual services arrangement.

By signing the consent form, you indicate that you understand and agree to these actions:

- You will only keep your in-person appointment if you are symptom free.
 - If you have displayed symptoms of COVID-19 in the past 10 days, or if anybody in your immediate household have displayed the symptoms in the past 10 days, you will immediately let me know and we will then resume counselling via virtual services. These symptoms include fever, chills, cough, loss of sense of smell or taste, difficulty breathing, sore throat, loss of appetite, extreme fatigue or tiredness, headache, body aches, nausea or vomiting, and diarrhea.
- If you have been ordered by Public Health to self-isolate, you will immediately let me know and we will then resume counselling via virtual services.
- You will wait in your car or outside until no earlier than 5 minutes before our appointment time.

- You will wash your hands or use alcohol-based hand sanitizer when you enter the building.
- You will adhere to the safe distancing precautions we have set up in the waiting room and therapy room. For example, you won't move chairs.
- If you are over 8 years old, you will wear a mask in all areas of the office (I will too).
- You will keep a distance of 6 feet and there will be no physical contact (e.g. no shaking hands) with me or any staff person.
- You will try not to touch your face or eyes with your hands. If you do, you will immediately wash or sanitize your hands.
- If you are bringing your child, you will make sure that your child follows all of these sanitation and distancing protocols.
- You will be required to wait outside or in your car during your child's appointment.
- You will take steps between appointments to minimize your exposure to COVID-19.
- If you have a job that exposes you to other people who are infected, you will immediately let me know.
- If your commute or other responsibilities or activities put you in close contact with others (beyond your family), you will let me know.
- If a resident of your home tests positive for the infection, you will immediately let me know and we will then resume counselling via virtual services.

Cameray may change the above precautions if additional guidelines for in-person counselling are recommended or required by the Provincial Health Office. If that happens, we will talk about any necessary changes.

My Commitment to Minimize Exposure

Cameray has taken steps to reduce the risk of spreading the coronavirus within the office and we have posted our efforts on our website and in the office. Please let me know if you have questions about these efforts.

If You or I Are Sick

You understand that I am committed to keeping you, me, and all of our families safe from the spread of this virus. If you show up for an appointment and believe that you have a fever or other symptoms, or believe you have been exposed, I will have to require you to leave the office immediately. We can follow up with virtual services as appropriate. In addition, if I or any Cameray staff test positive for the coronavirus, I will notify you so that you can take appropriate precautions.

Your Confidentiality in the Case of Infection

If you have tested positive for the coronavirus, I may be required to notify local health authorities that you have been in the office. If I have to report this, I will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for our visits. By signing the *"In-Person Services Informed Consent During COVID-19 Pandemic"* form, you are agreeing that I may do so without an additional signed release.