

## Informed Consent for In-Person Therapy Services During COVID-19 Pandemic

This document contains important information about our decision (yours and mine) to resume in-person therapy 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 this document, it will be an official agreement between us.

### Decision to Meet Face-to-Face

We have agreed to meet in person for your/your child's therapy session(s). If there is a resurgence of the pandemic, if other health concerns arise, and/or you or I decide at any time that we would feel safer returning to telehealth services, we will each respect that decision, as long as it is feasible and clinically appropriate.

### Risk of Opting for In-Person Services

You understand that by coming to the FamilyFirst office, you/your child is assuming the risk of exposure to the coronavirus (or other public health risk).

### Your Responsibility to Minimize Your Exposure

To obtain services in person, you/your child agree to take certain precautions which will help keep everyone (you, me, our families, other staff and other clients) safer from exposure, sickness and possible death. If you do not adhere to these safeguards, it may result in our being unable to provide in-person services. **Initial each item below to indicate that you understand and agree to these actions:**

- You/your child will only keep your in-person appointment if you/your child are symptom-free. \_\_\_\_
- You will take your/your child's temperature before coming to each appointment. If it is elevated (99 degrees Fahrenheit or more), or if you/your child have other symptoms of the coronavirus, you agree to cancel the in-person appointment. If you wish to cancel for this reason, I will not charge you a cancellation fee. \_\_\_\_
- You/your child will wash hands and/or use alcohol-based hand sanitizer when you enter the office and on a regular basis over the course of the therapy session(s). \_\_\_\_
- Unless you will be participating in your child's session, we ask that you wait in your car or in the courtyard of the building during your child's therapy session. \_\_\_\_
- You/your child will adhere to the safety precautions we have set up in the office and therapy room. \_\_\_\_
- Psychologists and clients will wear masks and/or face shields in all areas of the office and during therapy session(s) even if vaccinated. \_\_\_\_
- There will be no physical contact (e.g. no shaking hands) with one another. \_\_\_\_
- You/your child will try not to touch your face or eyes with your hands. If you do, you/your child will immediately wash or sanitize your hands. \_\_\_\_
- You/your child will take steps between appointments to minimize exposure to COVID-19. \_\_\_\_
- If you/your child have a job that exposes you to other people who are infected, you will immediately let me know. \_\_\_\_

- If you/your child have been 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 conduct virtual therapy sessions until it is safe to resume in-person services. \_\_\_\_

FamilyFirst may change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, we will talk about any necessary changes.

**Our Commitment to Minimize Exposure**

FamilyFirst has taken steps to reduce the risk of spreading the coronavirus within the office and we have posted our efforts on the following page 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 I believe that you have a fever or other symptoms, or believe you have been exposed, I will ask you to leave the office immediately. We can reschedule when appropriate. If I or anyone close to me 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/your child test 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 this form, you are agreeing that I may do so without an additional signed release.

**Informed Consent**

This agreement supplements the general informed consent/business agreement that we agreed to at the start of our work together.

*Your signature below shows that you agree to these terms and conditions.*

\_\_\_\_\_  
Client Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Client Signature (if over 18 years old) or Parent/Guardian Signature

\_\_\_\_\_  
Psychologist Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Psychologist Signature

## Office Safety Precautions in Effect During the COVID-19 Pandemic

FamilyFirst is taking the following precautions to protect our clients and help slow the spread of the coronavirus.

- To minimize exposure to other clients/psychologists, we ask that clients come to our waiting room no more than 5 minutes prior to your scheduled start time.
- We schedule appointments at specific intervals to minimize the number of people in the office each day.
- Our waiting room has reopened but we ask that it be used sparingly. For instance, parents/guardians are asked to wait in their cars and/or outside in the courtyard while your child is being seen for his/her therapy appointment. If, however, you are participating in the session or there is a clinical need for you to be nearby, only one adult family member may stay in the waiting room.
- Please maintain social distancing guidelines while in our waiting room.
- Psychologists and clients will wear masks and/or face shields at all times (even if vaccinated).
- Physical contact between psychologists and clients is not permitted (e.g., no shaking hands).
- A medical-grade air purifier will be in each therapy office.
- Hand sanitizer that contains at least 60% alcohol is available in the therapy room, the waiting room, and at the reception counter. Psychologists and clients are encouraged to sanitize hands regularly.
- Restroom soap dispensers are maintained and everyone is encouraged to wash their hands regularly.
- Office areas and items that are commonly touched will be thoroughly sanitized after each use.
- Common areas are thoroughly disinfected at the end of each day.
- Safe distancing will be maintained between you/your child and other psychologists/clients.