

Client checklist (to keep at home and go through 24 hours before your appointment. I will remind you when I make my confirmation call/text/FB message or email):

If you answer yes to even one of these, you must notify me immediately and we will re-schedule. During this time, no one will be charged for a cancelled appointment.

Have you:

- 1) felt ill?
- 2) had any COVID-19-related symptoms?
- 3) done any air or other public transportation travel, domestic or international, recently?
- 4) been exposed to anyone with COVID-19?
- 5) traveled to any places with a high infection rate, where people have not been isolating (no stay at home order), or been in any groups of people where social distancing was not observed?
- 6) had a fever, cough, sore throat, shortness of breath, fatigue, chills, nasal or sinus congestion?
- 7) experienced sudden onset body aches?
- 8) not worn a mask or done social distancing in public places?