

3/12/20

To: Our clients

From: Centers for Family Change

Re: Corona Virus and the risks of Covid-19

Given the increased concerns about the Covid-19 we are recommending the following precautions for all our clients and staff (which have been suggested by most medical experts and the CDC):

- Wash your hands often or use hand sanitizer if available..
- Forgo handshaking. We all have elbows to bump.
- Stay home if you are sick; we will not charge for canceled appointments if you cancel due to illness or possible illness.
- Cover your mouth when coughing or sneezing. Use the “Dracula” method for coughing or sneezing, cough or sneeze into your arm, not into your hands.
- Practice good social distancing as you would during cold and flu season.
- If you have been exposed to an individual diagnosed with (or suspected of having) COVID-19 please stay home and seek the guidance of your physician or the Public Health Department.

We are following the CDC guidelines for businesses along with additional guidance of local officials regarding how to mitigate the transmission of this or any disease. If for any reason, our community officials recommend that businesses be closed and institute a work from home policy your therapist will call you to discuss options for continuing therapy under these challenging circumstances.

Our staff are following the recommendations outlined above as well as staying home if they are sick. We are doing our best to keep our environment as safe as possible (wiping down any shared items and striving to keep our offices as clean as possible). However, please remember that our offices are in office buildings of varying size (and shared by other businesses and their customers/clients) and that our waiting rooms are shared spaces.

If you have any further questions, please discuss these with your therapist.

Sincerely,

Peter Perrotta, PhD
President Centers for Family Change