



As our community navigates life in the midst of COVID-19 (coronavirus disease) Propel Physical Therapy is committed to keeping our patients, staff and community safe. We are following guidelines of health authorities (including CDC and LA County Dept of Public Health) to provide the safest environment for all. We hope you are taking the necessary precautions to protect your health and the health of your loved ones.

**To maintain a safe and clean environment, we are:**

- Wearing protective equipment
- Removing waiting area chairs and reading materials
- Limiting the number of people in the clinic
- Cleaning treatment tables and exercise equipment before and after each use
- Cleaning door handles and frequently touched surfaces throughout the day
- Checking staff and patient temperatures
- Washing hands per CDC guidelines
- Practicing good hygiene

**In an effort to maintain the best health practices please follow these simple tips:**

- Stay home when you are sick
- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid touching your face, especially your eyes, nose and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands
- Cough or sneeze into your elbow, completely covering your mouth

**Here at Propel Physical Therapy we will do the following before each visit:**

Ask a few questions:

- Have you been exposed to someone with COVID-19 in the last 14 days? If yes, since exposure have you been tested for COVID-19?
- Have you been diagnosed with COVID-19? If yes, have you been cleared of it since testing positive?
- Do you have a temperature above 99.7F? Have you had a fever in the last 48 hours?
- Do you have a dry cough?
- Are you experiencing chills, muscle pain, unusual fatigue, shortness of breath, or difficulty breathing?
- Are you experiencing a recent loss of taste or smell?

Ask you to:

- Call us from your car once you park
- Check in and manage payments over the phone from your car
- Wear a mask covering your nose and mouth while in the clinic
- Comply with a temperature reading performed by Propel staff
- Wash your hands before and after your session
- Maintain 6 feet of space between you and others