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## **The Corona Virus Situation and The Acupuncture Clinic Operation**

In situations like this, decisions require a balancing of many considerations. This statement is a current reflection of my best balancing of all considerations and a current understanding of Federal and Provincial Public Health Directives and Recommendations. I am keeping abreast of the situation as it evolves to the best of my ability.

### ***As of now, my Acupuncture Clinic will be remaining open***

#### **I. Key Points.**

This is a medical clinic and I am a medical practitioner.  
The clinic is managed as a medical clinic.  
The clinic is operated on an entire floor of a house.  
I work alone with no reception staff, support staff or colleagues present.  
This minimises human interactions in this clinic.  
I have complete control over the clinic environment.  
I myself have no reason to believe I have been exposed to the virus.  
I have a very low volume of patients with only two or three at most present in the clinic at any one time, and with a waiting area, an office and two separate treatment rooms.  
Under normal operation, all surfaces in the clinic are cleaned regularly.  
As always, I use single use, factory sterilised, disposable, needles from reputable manufacturers and suppliers  
I practice according to Clean Needling Guidelines

#### **II. Management of the Clinic Environment Under the Current Situation.**

Under the current situation, I will be increasing the frequency of cleaning (with disinfectants, warm soapy water and warm water as applicable). This will include, cleaning of

treatment tables between treatments,  
chair armrests several times a day  
door knobs several times a day  
counters, sinks, and desks daily

I wash my hands vigorously before and after working with every patient.  
All waiting area chairs will be positioned to be at least 2 meters apart.

### **III. For You to Consider as a Patient in my Clinic Under the Current Situation.**

If you have recently travelled internationally, please cancel your appointments and self-isolate for two weeks.

If you have any significant reason to believe you have been exposed to the virus, please cancel your appointments and self-isolate for two weeks.

If you develop symptoms (particularly a fever and a dry throat), get yourself tested.

Otherwise, you are welcome to keep your appointment.

When arriving at the clinic, keep yourself at a 2 meter (6 foot) distance from any other patients in the clinic.

Consider keeping gloves on when using doorknobs and resting hands on chair arm rests.

Tissue boxes are generously placed throughout the clinic with dedicated waste receptacles.

Use when needed and dispose in the provided receptacles.

If you cough or sneeze, please do so into the inside of your elbow or upper arm.

**Call me anytime if you wish to discuss any aspect of your treatment or appointment.**

### **IV. Recommendations.**

Drink warm water and teas 3 to 4 times an hour

Keep your throat, nose, and lungs moist.

Maintain social distancing according to current public health agency recommendations.

Don't panic.

Get good sleep and rest.

Keep warm.

Cover yourself from exposure to wind and cold.

Get daily sunshine and fresh air (don't confuse 'self-isolation' with staying inside).

Take Vitamin C daily.

The primary role I play as an Acupuncturist within Chinese Medicine is to restore and optimise the effective and efficient functioning of all of your body systems. Central to Chinese Medicine is the principle that you are best able to engage with the world (that means everything in the world, including viruses, bacteria, food, other people, yourself, stresses, insults, obligations) when everything about you (mental, emotional, physical, physiological) is functioning well. Good, competent, professional acupuncture is very powerful in this regard.

The situation is serious. We will get through it.  
Take care of yourselves and of everyone around you.  
I am here to help, responsibly and to the best of my ability.

Daniel Schulman



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