

Iwashita Chiropractic Corp.  
**The Athlete's Advantage**

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## **COVID-19 Preparation and Safety Measures**

(Per the CDC and OSHA)

**Our Clinic is an essential business and is adhering to the requirements listed below to achieve social distancing. The following is an Infectious Disease Preparedness and Response Plan that is designed to help guide protective actions against COVID-19. We are being diligent to stay abreast of the guidance given by federal, state, and local health agencies, and incorporating those recommendations and resources into workplace-specific plans. It is to be understood by both the employees and the patients that The Athletes' Advantage is considered a place of High Exposure due to the nature of our work.**

**Steps our clinic is Taking to Reduce Workers' and Patients' Risk of Exposure to SARS-CoV-2, the virus that causes COVID-19:**

- As needed, we practice social distancing between treatment tables
- Options for conducting essential operations can include a reduced workforce
- Requiring workers to stay home when they are sick. We have employees that can step in and step up to help in the event another employee is not feeling well.
- All employees are required to implement good hygiene and infection control practices.
- Promoting frequent and thorough hand washing. There are 2 available sinks with hot, running water. In addition, a hand sanitizing dispenser has been placed on a wall at the entrance of the clinic, containing an alcohol-based hand rub of at least 70% alcohol.
- Encouragement of respiratory etiquette, including covering coughs and sneezes.

**Steps our clinic is Taking to Prepare the Workplace for Patient Care to Reduce the Risk of Exposure to COVID-19:**

- Signage at the public entrance of the facility to inform employees and patients that they should: avoid entering the facility if they have cough or fever and to maintain a 6 foot distance from one another.
- Patients have been asked to communicate and cancel appt (with no penalties) if they are not feeling well prior to their appt
- Hand sanitizer and sinks with running water and soap are available near the entrance of the clinic
- Use of paper sign-ins have been eliminated
- Multiple tissue and trash receptacles are available to patients throughout the clinic
- Limiting the number of persons within the clinic

\* A maximum of 2 persons in the lobby at one time

\* A maximum of 10 persons in the treatment area at one time (including staff)

■ We have implemented and are establishing policies and practices to enable telehealth appt where appropriate

■ Maintaining regular housekeeping practices, including routine cleaning and disinfecting of surfaces, equipment, and other elements of the work environment. We are using an Environmental Protection Agency (EPA) approved disinfectant with a label indicating claims against emerging viral pathogens. These products with EPA-approved emerging viral pathogens claims are expected to be effective against SARS-CoV-2 based on data for harder to kill viruses.

■ Treatment times have been shortened (to 45 min) to allow for:

\* Patients to exit prior to next set of patients arriving

\* Disinfecting of all surfaces, pens, and rehab equipment used during treatment with previous patient

\* Limiting 1 time use of towels

■ Although we have had reports of patient/staff exposure/diagnosis with COVID-19, we are in constant communication with everyone involved in order to promptly identify and communicate with patients of any potentially infectious individuals in an attempt to protect workers, patients, customers, visitors, interns, and others to our clinic.

■ Installation and use of high-efficiency air filter.

■ Increase of ventilation rates in the work environment with the use of industrial fans and front and back doors remaining open.

■ Mandatory use, by all employees, of masks. Employees will use gloves when necessary and change as often as necessary throughout the course of treatment with each individual patient. Masks will be changed out daily.

■ We have asked that patients enter through the front door and leave through the back door to promote social distancing practices.

■ Patients requiring transportation by another family member → those family members will be asked to wait for the patient in their cars to promote social distancing

■ If patients arrive early, they are asked to wait in their cars and not in the waiting room, for their allotted appt time

**Please sign to acknowledge you've read our plan and will abide by the new guidelines**

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_