

**IMPORTANT - Covid-19 Protocol – Ruth Olayinka Clinical
Hypnotherapy @ Jesmond Natural Health & Fertility.**

On the morning of your appointment, please complete this online consent form:

COVID-19 Screening and Consent Form

Please could you bring a face-covering to your appointment, this will need to be worn in communal areas and where 2 metres distance cannot be adhered to.

The appointments themselves will run rather differently to what we have been used to before; it is important that we reduce our contact time as much as possible to reduce the risk of transmission of infection. I therefore ask that you stay in your car, or outside the clinic if it is a nice day, until I call you to indicate you are able to enter the building.

When I call you to let you know you may enter the clinic, initially I will take your temperature with an infrared contactless thermometer. If the thermometer records a high temperature, I will wait a couple of minutes and try again. If it is consistently high, I will suggest we try again in a few days time. Once we enter clinic, I will endeavour to make sure you have as little contact with surfaces as possible by opening and closing doors for you. There will be hand sanitiser for you to use and of course you are still welcome to use the bathroom.

Our venue is Covid secure and our treatment rooms are well ventilated with windows constantly open. Additionally, each room contains a UV-C light air purifier which runs continually.

During your session, we will maintain 2 metres distance at all times or wherever possible. Due to the nature of our session and the need for comfort in order for our session to have it's best effects, it is advantageous for us to be able to see each others faces. If, however, both of us wearing face coverings means you will feel more comfortable and secure during our session then please let me know at the time of your appointment and we will ensure this happens.

During your session I will provide a fresh blanket for you to use as the windows will be open and it's important that you remain warm and comfortable throughout - no need to bring your own unless you specifically wish to.

I apologise in advance if it is different to what you have grown accustomed to in the past when working with me and as soon as we are allowed to adapt our way of working and increase contact time, I will let you know.