

## **Welcome to Manzanita!**

Below are listed some timely cautionary measures for good health and protection during your visit today:

**Please do not enter if you have a cough, any sort of cold-like symptoms, shortness of breath, or fever, or any other cold, flu, or Covid-19 related symptoms. Also please do not come in if you have been exposed to anyone with coronavirus that you are aware of, and please only come in if you have been following the safety guidelines of Alameda County, the City of Berkeley, and state of California.**

**Please put on your mask, or other securely fitting facial covering, before entering, and keep it on for the duration of your time here. If it's a mask with a valve, please wear a cloth over it or cover the valve with tape. Also, 3-ply surgical style masks are available if your mask does not fit snugly or is too thin.**

**Please use hand sanitizer or wash your hands well (following CDC guidelines; use paper towels to dry) upon entering, and before touching anything, as well as when you leave.**

[If you do need to cough or sneeze, please cover with your elbow or a tissue, even though you are wearing a mask (if this is the case, please wash your hands after disposing of tissue)].

Appointments are currently spread out so that only one patient (or pod) will be in each area at a time. In the unlikely event that you are in the waiting area with another person, please make sure to give some room between you and the other person.

Your healthcare practitioner will be wearing an N-95, KN-95, or KF94 type mask that has been inspected and approved by FDA standards, and will be rigorously washing hands and/or using hand sanitizer, as well as sanitizing and disinfecting all relevant surfaces, changing sheets, and so forth, between each patient. There is an air purifier/HEPA filter in each treatment room, and we are frequently diffusing and spraying anti-viral and immune strengthening essential oils in each room, airing things out, smudging, etc.

Thank you for your cooperation and presence! We are glad you are here.