

COVID 19 update (June 29, 2020)

The health and safety of our patients is always our top priority.

Beth will still be providing telehealth physical therapy. [Check out more information](#)

Beth's IA location - I will not see patients in IA until after the virus has cleared sometime in 2021.

Leatha's massage clients – please call Leatha at 309-235-0263

Procedure for attending therapy

Beth Shelly PT and Therapeutic Massage by Leatha

Based on CDC guidelines - It is understood that anyone can catch and transmit the Corona virus.

However, special care must be taken to protect certain patient populations from Corona virus.

Precautions taken with all patients include

- Patients will call the office from the parking lot when they arrive. Keep the AC on during the hot weather.
 - Every patient will have non-contact forehead temperature taken and must have a temperature under 99 degrees to be seen in the clinic
 - Screening questionnaire -All answers must be “No” before patient can be seen in the office
 - Have you been out of the country in the past 2 weeks?
 - Have you been near anyone who has tested positive for Corona Virus?
 - Have you been near anyone who has symptoms of Corona Virus?
 - Have you had any of the following symptoms any time in the past two weeks?
 - Fever (100.4)
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Upon entering please clean your hands with the hand sanitizer
 - Patients will then be escorted directly to the treatment room – no one is in the waiting room. Only the patient and one necessary support person will be allowed in the treatment room. Others must wait in the car.
- As much as possible appointment will be made so that only one patient is in the office at one time and there is 30 minutes between patients for cleaning and air circulation. PT and MT patients will be scheduled as much as possible so as not to be in the waiting area at the same time.
- Beth and Leatha will be wearing a face mask and all patients must wear a face mask
- Beth Shelly PT has policies for cleaning and social distancing in the office
- Massage therapy clients please shower before your appointment if you are coming from work

Telehealth is still an option for some

Patients over 65 years old and those with known risk factors should consider telehealth where able

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised - cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

This policy will be under constant review with guidance from CDC and professional organizations for the health and safety of patients and staff.

Please call and cancel if you have any doubt about whether you have symptoms or have possibly been exposed

Don't let this virus slow your therapy progress - Please contact Beth if you have questions or concerns: 563-940-2481 or email beth@bethshelly.com to discuss the best option for your health.