

# COVID-19 Follow-up Return Precaution Slip

Stella Arden & Associates

Louth and Woodhall Spa

We ask you to answer the following questions truthfully and to the best of your ability.

This is to assess and minimise the risks to yourself and others, of infection by Coronavirus (or other nasties) when you attend a face-to-face appointment.

Your name.....Your date of birth .....

Your email address..... Your phone number.....

1) Have you received a letter from your doctor telling you that you are in a medical "Category" such as **clinically vulnerable**, or **extremely clinically vulnerable**? .....

2) Are you **pregnant**? If so, when is the baby due? .....

## Since your last visit to Stella Arden & Associates:

- **Has your medication been altered?**..... If so, how, and when? .....
- **Have you developed any diabetes or cardiovascular problems** (heart, blood, blood vessel or stroke)? .....  
Please give details .....
- **Have you developed any new pulmonary or breathing issues such as asthma or hay fever?** .....  
Please give details .....
- **Have you had COVID-19?** ..... **When did it start?** .....
- **Have you received a COVID vaccine? (please circle)** Yes/No  
When? (first) ..... and (second) .....
- Any reactions to the vaccinations? .....

## Questions for you and those in your household/bubble:

### In the last 14 days:

- Has anyone noticed a cough or shortness of breath recently? .....
- Has anyone had a fever (above 37.7°C) in the last 14 days? .....
- Has anyone noticed a loss or change in your sense of taste or smell? .....
- Has anyone had any contact with anyone who has had suspected COVID-19 in the last 14 days? .....
- Has anyone recently returned from an area of higher risk/alert in the last 14 days? .....

**Please turn over the page**

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Stella Arden & Associates, Osteopaths and Complementary Therapists at Louth and Woodhall Spa

Declaration

A) Do you promise to inform the staff at Stella Arden & Associates if you should become unwell during the treatment or within 10 days after it? YES / NO

B) Do you understand that WE CANNOT GUARANTEE THAT THERE IS ABSOLUTELY NO RISK of contracting the coronavirus when visiting our practice for treatment, despite our best efforts and careful implementation of the new protocols? YES / NO

C) Do you promise to inform the staff at Stella Arden & Associates should any of this information be changed or updated? YES / NO

I have completed this questionnaire honestly and to the best of my ability, in order to agree to the terms of treatment in safety, at the behest of Stella Arden & Associates.

(please sign here)

Signed ..... dated.....

We will phone you shortly before your appointment to confirm these answers are still valid, and to check that we are all well enough to attend. Please expect us to call you within 24 hours of your forthcoming appointment, or you may prefer to call us at your convenience.

Please note:

For your visit, please remember to bring a mask, a towel or washable blanket (optional, as since we now ventilate the rooms thoroughly between appointments, you might feel cool during your visit) in a plastic bag and remain in your car until collected by the osteopath, ringing the office to let them know that you are here if you are parked out of sight from the practice windows!

If this is your first visit since June 2020, you will be asked to sign a consent form indicating that you are happy for your appointment to take place under the conditions stated above (see terms of Declaration).

Thank you for completing this Precaution Slip, it helps us all feel safer, and will speed up the process of delivering your care.

Stella Arden & Associates