

Optimal Kinetics

physical therapy ... mindfully evolved

PATHOGEN EXPOSURE REDUCTION POLICY

Optimal Kinetics is committed to maintaining a high level of health & safety standards in order to systematically mitigate exposure risk to pathogens (virus, bacteria, and other microorganisms) that cause infectious and contagious diseases.

Implementing & standardizing a multi-faceted approach of evidence-based policies & procedures can help to reduce the risk of exposure to pathogens more so than any single procedure.

National, state, and city ordinances are legal obligations and will continuously be monitored and adhered to in addition to this policy.

These policies & procedures take effect immediately and your signature indicates you have read and agree to adhere to the policies & procedures. All clients attending in-person sessions are REQUIRED to read, agree, sign, and adhere to the Pathogen Exposure Reduction Policy prior to attending in-person sessions. Please note that these procedures may require updating over time. You will be informed in writing of any editorial changes made to this document and will require additional review and signature.

I, _____ have been presented with a written copy of Optimal Kinetics's Pathogen Exposure Reduction Policy and I agree to the terms and conditions of this policy.

I understand that my exposure to pathogens cannot be 100% guaranteed.

I understand this policy outlines Optimal Kinetics commitment to reduce my risk of exposure by outlining standardized procedures.

I assume there is a risk of being exposed to pathogens at Optimal Kinetics and I agree that Optimal Kinetics will not be held liable if I am exposed to a pathogen.

Client Name (printed)

Client Signature

Date

07.01.20

Optimal Kinetics

physical therapy ... mindfully evolved

CLIENT RESPONSIBILITIES

ANSWER COVID-19 INTERVIEW QUESTIONS PRIOR TO VISIT:

- . Have you or anyone in your household tested positive for COVID-19?
 - . If Yes:
 - . What symptoms did you have?
 - . How long did your symptoms last?
 - . Do you still have any residual symptoms?
 - . Have you tested negative since your symptoms resolved?
 - . Have you taken an antibody test?
 - . If No, continue to next question.
- . Have you experienced any of the following symptoms in the past 2 weeks:
 - . Fever
 - . Chills
 - . Cough
 - . Shortness of breath or difficulty breathing
 - . Fatigue
 - . Muscle or body aches
 - . Headache
 - . New loss of taste or smell
 - . Sore Throat
 - . Congestion or runny nose
 - . Nausea or vomiting
 - . Diarrhea
- . Have you traveled by any means of public transportation (air, land, sea, etc.) in the past 2 weeks?
- . Have you chosen to appear in public without wearing a face mask / covering in the past 2 weeks?
- . Have you knowingly been in close contact and thereby potentially exposed to COVID-19 in the past 2 weeks?
- . Have you maintained the minimum 6-foot social distancing when in close proximity to other individuals in public?
- . Have you communicated with social contacts to inform you (aka contact tracing) if they test positive for COVID-19?
- . For clients who have tested positive for COVID-19:
 - . Client agrees to provide documentation to Optimal Kinetics of COVID-19 negative test and Antibody Test Results prior to attending in-person session.
- . For clients who have self-reported high exposure risk situations, specifically traveling
 - . Client must self-quarantine for 2 weeks prior to returning to in-person sessions at Optimal Kinetics
 - . If client displays symptoms during that time, documentation of COVID-19 negative test must be submitted to Optimal Kinetics prior to resuming in-person sessions.
- . FACE MASKS / COVERINGS
 - . MANDATORY upon entering/exiting the building as well as throughout entirety of session (see CDC resources below for more information)
 - . If client forgets a face mask / covering, a disposable face mask can be provided to you for a fee of \$2.00.
 - . Under NO circumstances will a client be allowed to attend sessions at Optimal Kinetics without a face mask / covering. If you have a medical condition that prevents you from wearing a face mask / covering, you are welcome to book an appointment via Telehealth PT services.
- . TEMPERATURE SCREENING
 - . MANDATORY and taken upon arrival
 - . If a client displays fever, they will be asked to reschedule appointment at no charge to client. (see CDC resources below for more information)
- . HAND WASHING
 - . MANDATORY upon arrival & departure

Optimal Kinetics

physical therapy ... mindfully evolved

- . CDC hand washing guidelines (see CDC resources below for more information)
- . H A N D S A N I T I Z I N G
 - . Always available and RECOMMENDED to use throughout session
- . C O N T A C T T R A C I N G
 - . Client agrees to inform Optimal Kinetics of COVID-19 positive test within 24 hours of receiving results
 - . (See Optimal Kinetics Responsibilities for Contact Tracing)
 - . Client agrees they CANNOT resume in-person sessions until providing documentation to Optimal Kinetics of COVID-19 negative test and Antibody Test results.

Optimal Kinetics

physical therapy ... mindfully evolved

EMPLOYEE RESPONSIBILITIES

- COVID-19 SYMPTOMS INTERVIEW
 - Questions are IDENTICAL as stated in the Client Responsibilities section.
 - If answer is yes to any of the above questions, employee will be asked to stay at home.
 - Employee's clients will be notified that in-person sessions will be cancelled.
- Face masks / coverings will be MANDATORY and worn upon entering/exiting the building and throughout entirety of session
- Temperature check taken upon arrival and logged
 - If employee displays a fever, they will be required to go home.
 - Employee's clients will be notified that in-person sessions will be cancelled.
- Eye glasses OR face shields are optional, but recommended during in-person client sessions.

OPTIMAL KINETICS RESPONSIBILITIES

Communicate, conduct, and enforce client and employee responsibilities:

- COVID-19 Symptoms Interviews
- Face masks / Face Coverings Policy
- Temperature Screening Policy
- Hand Hygiene Policy
- Contact Tracing Procedure
- Cleaning, Disinfecting, Sanitizing Procedures

CONTACT TRACING

- Upon receiving a report of COVID-19 positive case, all Optimal Kinetics clients who have had in-person sessions within 2 weeks of the last session the client with COVID-19 positive test will be contacted ASAP.
- Upon receiving a report of COVID-19 positive case, Optimal Kinetics will be closed to in-person sessions immediately for the duration of 2 weeks. Telehealth PT sessions will remain available.
- In order to resume in-person sessions, clients must provide documentation of COVID-19 negative test and antibody test results.

CLEANING | DISINFECTING | SANITIZING

- CLEANING
 - CDC Definition:
 - REMOVES ... germs, dirt, & impurities from surfaces or objects
 - USES ... soap (or detergent) + water to physically remove germs from surfaces
 - Does NOT necessarily KILL germs, but by removing them, it LOWERS their numbers and risk of spreading infection
 - Optimal Kinetics cleaning policy:
 - Current Products utilized:
 - Dr. Bronner's Sals Suds + water
 - Bona free & simple hardwood floor cleaner
 - Beginning of work day: Optimal Kinetics cleans all equipment, client drop zone, and frequently touched surfaces
 - Between Sessions: clients are responsible for cleaning all equipment and client drop zone
 - End of work day: Optimal Kinetics cleans all equipment, client drop zone, and frequently touched surfaces. In addition, floor is vacuumed and mopped by Optimal Kinetics
 - Each weekend, entire room is deep cleaned by professional staff.
- DISINFECTING
 - CDC Definition:
 - KILLS ... germs on surfaces or objects
 - USES ... chemicals to KILL germs on surfaces or objects
 - Does NOT necessarily CLEAN dirty surfaces nor remove germs, but by KILLING germs on a surface after cleaning, it can further decrease risk of spreading infection

Optimal Kinetics

physical therapy ... mindfully evolved

- Optimal Kinetics disinfecting policy:
 - Product used: Force of Nature Activator Capsules (see EPA List N Resources below for further product information)
 - Beginning of work day: Optimal Kinetics disinfects all equipment, client drop zone, and frequently touched surfaces
 - Between Sessions: Optimal Kinetics is responsible for sanitizing all equipment, client drop zone, and frequently touched surfaces
 - End of work day: Optimal Kinetics disinfects all equipment, client drop zone, and frequently touched surfaces. After floor is cleaned by vacuum + mops, Optimal Kinetics disinfects floor.
 - Each weekend, entire room is sanitized by professional staff.
- SANITIZING
 - LOWERS number of germs on surfaces and objects to a safe level as judged by public health standards or requirements
 - WORKS by ... either cleaning or disinfecting surfaces and objects to decrease risk of spreading infection
 - Optimal Kinetics sanitizing policy
 - Sanitizing is achieved by EITHER cleaning OR disinfecting; however, Optimal Kinetics chooses BOTH cleaning AND disinfecting for optimal exposure reduction
 - Sanitizing = Cleaning + Disinfecting

AIR PURIFICATION

- Optimal Kinetics chooses to use HEPA filter technology to decrease contagious pathogens
- - Product used: Dyson Pure Hot + Cool Link HP02 purifier heater
 - Certified Allergy & Asthma Friendly by the Asthma & Allergy Foundation of America
 - Automatically removes 99.97% of allergens & pollutants as small as 0.3 microns from the air
 - Also captures pollen, mold, and bacteria
 - Purifying fan in summer. Purifying heat in winter.
 - Automatically monitors, reacts, and purifies - then reports air quality to Dyson app.
- Read more about HEPA filtration in resources below

Optimal Kinetics

physical therapy ... mindfully evolved

CDC RESOURCES

PREVENTION - HOW TO PROTECT YOURSELF & OTHERS

- Monitor your health daily
- Practice hand hygiene
- Avoid close contact
- Wear cloth face covering to cover your mouth & nose when around others
- Cover coughs & sneezes
- Clean & Disinfect your environment

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

MONITOR YOUR HEALTH DAILY

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

PRACTICE HAND HYGIENE

- Avoid touching:
 - Eyes
 - Nose
 - Mouth
- Wash hands with soap & water for at least 20 seconds
 - After you've been in a public place
 - After blowing your nose, coughing, or sneezing
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After handling your cloth face covering
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- Hand sanitizer
 - Use if soap & water are not readily available
 - Contains at least 60% alcohol
 - Cover all surfaces of your hands and rub them together until they feel dry

Optimal Kinetics

physical therapy ... mindfully evolved

AVOID CLOSE CONTACT

- Stay at least 6 feet from other people

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

WEAR A CLOTH FACE COVERING

- Must cover your nose & mouth

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

<https://smartairfilters.com/en/blog/best-materials-make-diy-masks-virus/>

<https://smartairfilters.com/en/blog/best-diy-coronavirus-homemade-mask-material-covid/>

COVER COUGHS & SNEEZES

- Always cover your mouth & nose with a tissue when you cough or sneeze OR use the inside of your elbow and do not spit
- Throw used tissues in the trash
- Immediately wash your hands with soap & water for at least 20 seconds and if soap & water are not readily available, clean your hands with hand sanitizer that contains at least 60% alcohol

CLEAN & DISINFECT YOUR ENVIRONMENT

- Clean & Disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks
- If surfaces are dirty, clean them. Use detergent or soap & water prior to disinfection
- Then, use a household disinfectant. See EPA List N registered disinfectants.

EPA List N: Products with Emerging Viral Pathogens & Human Coronavirus claims for use against SARS-CoV-2

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

Products Used at Optimal Kinetics:

- iHealth PT3 - infrared no-touch thermometer
 - Rated for ... accuracy
 - Please note that infrared thermometers have a low rate of inter-rater reliability and higher rate of intra-rater reliability - this means that your temperature may be slightly higher or lower than the reading displayed by the thermometer. In order to maximize accuracy of temperature checks, we can take your temperature multiple times throughout a session and establish your "baseline" temperature with this particular thermometer. Your temperatures will be recorded in your Physical Therapy record for future reference

- Cleaning - Sal's Suds + Water

- Disinfecting - Force of Nature

- Air Purifier - Dyson Pure Hot + Cool


<https://www.dyson.com/purifiers/dyson-pure-hot-cool-link-white-silver.html>

https://www.asthmaandallergyfriendly.com/USA/certified_products/dyson-pure-hot-cool-link-air-purifier/

Optimal Kinetics

physical therapy ... mindfully evolved

List N: Products with Emerging Viral Pathogens AND Human Coronavirus claims for use against SARS-CoV-2

EPA Registration Number	Active Ingredient(s)	Product Name	To kill SARS-CoV-2 (COVID-19), follow disinfection directions for the following virus(es)	Contact Time (in minutes)
 93040-1	Sodium chloride	Force of Nature Activator Capsule	Feline calicivirus	10
<p>Company HCl Cleaning Products LLC</p> <hr/> <p>Formulation Type Ready-to-use</p> <hr/> <p>Surface Types Hard Nonporous (HN); Food Contact Post-Rinse Required (FCR)</p> <hr/> <p>Use Sites Healthcare; Institutional; Residential</p> <hr/> <p>Emerging Viral Pathogen Claim? Yes</p> <hr/> <p>Date Added to List N 03/26/2020</p>				

Optimal Kinetics

physical therapy ... mindfully evolved

RESOURCES

Centers for Disease Control

<https://www.cdc.gov/>

Louisiana Department of Health

<https://ldh.la.gov/>

Louisiana State Government

<https://gov.louisiana.gov/coronavirus/>

New Orleans City Government

<https://ready.nola.gov/home/>

Louisiana State Board of Physical Therapy

<https://www.laptboard.org/>

Whitehouse Guidelines

<https://www.whitehouse.gov/openingamerica/>

EPA List N: Disinfectants for use against COVID-19

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>