

PROTOCOL SPECIFICALLY FOR COVID-19 AS OF JUNE 2020

With official resumption of Reiki treatments and Reiki Workshops I would like to let you know I have a COVID-19 Safety Plan in place.

Please read the below and follow it to help me keep us all safe.

I respectfully ask that you:-

- . Do not attend your appointment or workshop if you or a member of your household (or someone you have close contact with) have returned/arrived from overseas – please allow 14 days before returning.
- . Do not attend your appointment or workshop if feeling unwell including but not limited to fever, cough, sore throat or shortness of breath even if you believe it to be a head cold rather than COVID-19. Likewise if a member of your household or someone you have close contact with is unwell, it would be best to refrain from attending. Please call me to reschedule.
- . That you please use the hand sanitiser provided before and after treatment and avoid touching surfaces where possible. Ensure you wash your hands with soap and water regularly during treatment or workshop and utilise the hand sanitiser provided.
- . Practice appropriate and considerate hygiene at all times (personal space, coughing/sneezing).

Please note I am happy to wear a face mask during treatments if you would prefer me to – just let me know in advance. I generally don't wear a face mask during workshops.
The below is the current advice.

“Currently in Tasmania, you do not need to wear a face mask to protect yourself from COVID-19, unless you are directly caring for someone who is suspected or known to have COVID-19.

Face masks are generally for people:

-Who are suspected or known to have the virus, if they need to leave their home or place of isolation for medical care or testing.

- In close contact (within 1.5 metres) of someone suspected or known to have the virus; this is normally only healthcare workers and carers.

- Spending time in places where there is known and ongoing community transmission of the virus and it is not always possible to maintain physical distancing from other people.

The advice on when to wear a face mask in Tasmania may change if there is increased risk here, like we have seen in other parts of Australia.”

Time between appointments has been increased in order to clean and sanitise according to the COVID-19 Safety Plan.

Workshops are managed with social distancing considerations, however due to the nature of the workshops and Reiki practice; it isn't always possible to adhere strictly to the 1.5 metre rule. It is therefore particularly important to ensure you complete the questionnaire prior to the workshop and do not attend if unwell or have had a possible exposure to someone who is unwell or in COVID-19 isolation. If this is the case, please give me a call to discuss your options.

Kind regards

Julie Ling
Channel Counselling
Tel: 0410 290 255