

# Protocols and Safety Precautions for Covid-19 Pandemic

When Sound Supports launches January 1<sup>st</sup> 2021, we will be implementing the following policies and precautions to limit the spread of Covid-19 as much as possible. These policies are based on current CDC recommendations for healthcare service providers, which can be seen in more detail at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>

Because current CDC guidelines and local government recommendations and requirements change quickly, these procedures may change as well. I am committed to staying informed about current recommendations about public health guidelines, as well as current best practice guidelines as recommended by the American Music Therapy Association and Certification Board for Music Therapists. Updates to these procedures will be made available as soon as possible when changes are deemed necessary by the CDC and local government entities.

## **General Precautions:**

### Session Availability:

- *Telehealth-* Music Therapy sessions will be available via telehealth for all Sound Support clients. Anyone who takes part in telehealth music therapy will need to complete a **Telehealth Consent Form**.
- *In-person-* Sound Support recognizes that not all individuals receiving services will benefit from telehealth services, so Sound Support will continue to offer in-person therapy for those who desire. All those who choose to participate in in-person therapy need to read and sign the **Informed Consent for In-Person Services During COVID-19 Public Health Crisis** form.

### Exposure Events:

- Sound Support ask that you notify if someone in your home or close-contact circle is showing symptoms of COVID-19, or if they have had close contact with a potentially infected individual. In the event of a potential exposure, Sound Support will move to telehealth services for a minimum of 2 weeks (14 days), or as long as is needed for your particular situation.
- Sound Support will notify all families and individuals immediately if I or someone in my household tests positive for COVID-19. All in-person sessions will be moved to telehealth for a period of at least 2 weeks, or until further notice if I am otherwise unable to function due to symptoms of COVID-19.

### Attendance Considerations:

- If possible, Sound Support prefers to meet via telehealth as opposed to cancelling a session but understands this may not be possible for the individuals we serve.
- Out of an abundance of caution for the individuals we serve, Sound Support will accommodate cancellations related to COVID-19 to limit any potential spread of the disease. Any cancellations that are made due to possible or confirmed exposure will incur a \$20 cancellation fee, instead of the 50% normally stated in our cancellation policy.

### **Procedures for in-person sessions:**

#### Screening and temperature checks

- Prior to beginning a session, clients and any attending family members (those who will be within the vicinity of the music therapist during the session) must answer COVID exposure screening questions.
- Prior to each session, please take the temperature of yourself and the individual who is being served. If the temperature is elevated (100° or more) or if you have any other symptoms of COVID-19, please call me immediately. We will cancel or reschedule to telehealth.
- I will take my temperature prior to each session and inform families immediately if my temperature is elevated

### **Personal Protective Equipment (PPE) and Precautions:**

#### Face Masks

- Learn about what kind of mask to wear and how to safely wear a mask from the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- To limit the spread of COVID-19, any adult attending a session must wear a face mask before, during, and after our session. Children who are able to tolerate a mask or other face covering are encouraged to wear one as well. It is the responsibility of each client and family to supply their own mask for sessions. If you do not have access to a mask, we can meet via telehealth temporarily.
- Sound Support staff will wear a reusable 3-layer fabric mask for every session. This mask will be changed out before every session. The masks are washed, sanitized, and maintained, and will be replaced at the first sign of damage. Sound Support staff will also

wear a face shield for additional protection during sessions if the client cannot adhere to safe physical rules.

#### Physical Distancing

- Sound Support staff will maintain a safe physical distance whenever possible during, before, and after sessions. Physical touch during greetings and sessions will be minimized, without compromising the quality of our music therapy services. If music therapy interventions require physical touch, such as physical prompting, Sound Support asks that the parent or caregiver to the individual receiving services be available to support prompting. If that is not possible, Sound Support staff will use hand sanitizer frequently prior to and after those interventions.

#### Personal Hygiene Protocols

- Sound Support staff will wash hands upon arrival to a session, as well as at the end of each session. Hand sanitizer will be used throughout the session as needed.

#### Sanitation Protocols

- All instruments, pens, and any technological devices utilized during session will be thoroughly sanitized after each session
- Instruments used in session will be limited to materials that meet medical sanitization standards of infection control. Fabric items (scarves, stuffed animals, bean bags, etc.) will not be available until further notice.