



## CORONA UPDATE February 03 2021

Dear Clients!

Due to **Covid regulations** we ask you to take note of the following special conditions:

As mental health professionals we are allowed to continue offering “face to face” sessions, although it is recommended by the Austrian Health Ministry to prefer remote forms. Of course you have the **choice** whether you want to see us in person or work with us via **telephone or video-session** (Zoom, Skype, Therapy). The Austrian Health Insurances allow for remote therapy. Just let us know in advance.

Currently, it is **mandatory to wear a nose-mouth protection** in the context of psychotherapy during the session. We ask you to bring your **FFP2 mask** with you to the session. We have to keep a minimum of 2 m distance. For organisational protective factors we will open the window after each client and disinfect the room on a regular basis. There might be reasons that you are not able to wear a nose-mouth protection during the session. Please inform us in advance if this is the case so that we can plan accordingly.

Due to the current regulations and recommendations, there will be some clear arrangements. Since it is possible that you meet other people when entering or leaving our building, it is important that everybody feels safe.

We therefore ask you to strictly follow these rules:

- Please arrive at the **scheduled time** (max. 5 min earlier). We will also be very strict on having you leave the office after the scheduled duration of either 45 min or 90 min. We will need the time period between sessions to disinfect the room and need to avoid as much as possible that clients meet in the hallway.
- Please **use** the **desinfection-lotion** provided in the hallway.
- Please wear your **FFP2 mask indoor** while being in our premises. This includes the bathroom.
- Please **don't come** to a session if feeling any signs of **illness or infection**. Signs of Covid infection could be
  - Fever or chills.
  - Cough.
  - Shortness of breath or difficulty breathing.
  - Fatigue.
  - Muscle or body aches.
  - Headache.
  - New loss of taste or smell.
  - Sore throat.

Since we can have our scheduled session remotely via phone or video conference even on short notice, the **cancellation period** of 48h for any form of scheduled session stays in effect.

Thank you for your cooperation to keep us all healthy.

Danielle Arn-Stieger & Clemens Stieger