



RIVER NORTH *in Hifi Fitness*
820 N. Orleans, Suite 100
Chicago, IL 60610

WEST LOOP *in Wattage*
1044 W. Kinzie
Chicago, IL 60642

P 312-877-5767
F 312-277-7167
www.teampim.com
support@teampim.com

Performance in Motion Clinic Guidelines COVID-19

Our primary goal throughout the pandemic has been and continues to be the safety of our patients and staff. The following interim guidance Performance in Motion has outlined is based on recommendations from the Center for Disease Control (CDC) to prevent exposures to COVID-19.

I. **Safety guidelines for our staff:**

Scheduling: a 15-minute break between patients will be built into the schedule to allow staff to effectively disinfect surfaces and prevent patient-to-patient exposure

PPE: staff members will wear facemasks and gloves for each appointment

Inquiries: before or immediately upon arrival for appointments patients will be asked if they have had...

- i. Fever or symptoms of a respiratory infection, such as a cough, shortness of breath, and sore throat
- ii. Travel within the past 14 days to an area deemed high-risk
- iii. Contact with someone with or suspected of COVID-19

Thermometers: temperatures will be taken upon arrival for the scheduled appointment

II. **Safety guidelines for our patients:**

Cloth face coverings: patients should don face covering prior to entering the facility

Hand hygiene: supplies provided include alcohol-based hand sanitizer and hand soap, patients should wash hands for 20 seconds prior to the scheduled appointment

Cough hygiene: supplies provided include tissues and non-touch receptacles for disposal

Social Distancing: at least 6-feet apart with others that may also be in the facility

Limit visitors: patients should come to scheduled appointments independently to reduce the risk of virus transmission. When necessary, visitors will be welcomed but we ask for visitors to please follow social distancing guidelines while in the facility

High-Risk Groups: older adults and people of any age with underlying chronic medical conditions or immunocompromised state should consider the need for treatment in an outpatient setting

Telehealth: continue virtual service for those unable to attend face-to-face appointments