



EPASA Guidelines for Practitioners during isolation



Bellow is EPASA suggested guidelines to follow for practitioners when having a face to face consultations with their patients.

It is of vital importance that practitioners monitor themselves for Covid-19 symptoms and immediately stop seeing any patients when expected that they might have a virus infection.

Anti-viral tips

Practitioners need to keep themselves healthy with vitamins (C and D), lots of sun for Vit D production, Zinc, Selenium and anti-viral herbs to lower the risk of getting into a critical viral infection stage. Many well documented and studied anti-viral herbs including Wormwood, Sweet Annie and liquorice root are available. Also include Quercetin rich herbs and foods like Yellow Dock, Elderberry, Apples and berries, Quercetin is important for Zinc absorption (among many other things).

Never claim any concoctions, herbal capsules or tinctures to be a cure for the Covid-19 virus. A popular treatment is to slow down the virus, once infection occurred, to give your immune system the required 8-10 days to produce antibodies and build immunity. The above suggestions will be of great benefit to doing that.

Mask specifications

It is important to note that KN95, surgical and PP1 Masks provide the same viral protection. The more expensive KN95 mask does not give better protection against viruses but do give better protection against bacteria, dust and pollen which is not of importance when protecting against viruses.



SAFETY MEASURES TO PUT IN PLACE AT YOUR PRACTICE [For your own protection, as well as your patients]

Bellow is EPASA suggested guidelines to follow for practitioners when having a face to face consultations with their patients. Also, follow the same procedures for staff couriers and other non-patient people. We also suggest using a disinfectant spray on everything coming into your practice including boxes, equipment, staff carry bags etc.

- Only work by appointment with a pre-assessment done when an appointment is made.
- Book your appointments further apart as to have not more than one patient in your waiting area. Place chairs two meters apart from each other in case some patients arrive too early, or you run late. The best option is for your patients, when possible, to wait in their vehicles or an outside area. The practitioner will collect each patient for their appointment.
- **Best practice:** Collect each patient at their cars, first take their temperature before taking the patient to the consultation room.
- All patients must sanitise their hands before entering the building or consultation room. **Best practice:** Also spray disinfectant on and under patient's shoes.
- Practitioners should wear a mask and gloves when physically examining a patient. Replace gloves after each examination.
- All services should be sanitised between consultations. All areas should at least be thoroughly sanitised at least once per day. We advise doing so in the morning before starting with consultations.
- Use alcohol swaps on all medical equipment and card machines before bringing it in contact with patients.
- If the patient is paying by card, please use the tap function of card machine if possible. Clean the banking machines after each use with alcohol pads. Try not to work with any cash and coins exchange where possible. Electronic payments from phones or before appointments are advanced.
- Children or other companions are strongly discourage to accompanying the patient and should stay outside the building where possible.
- If the patient has been: 1. in contact with a Corona Virus positive person in the last three weeks, or 2. travelled overseas in the previous month, **it is advised not to see the patient in the building or examination room.** First, try to assist by phone or WhatsApp.
- If the patient or any of their family members have flu-like symptoms, it is mandatory to **warn the practitioner, and this should already be established when an appointment is booked. Any person with fever should avoid other people.**