



## COVID-19 Guidance & Clinical Procedures

Last Updated: June 23, 2020

Dear Current and Future Clients:

The COVID situation continues to develop in our nation and state. Though prior Stay Home orders have now expired, Harris County has been deemed at [Level 2 risk for transmission](#). Accordingly, a [new Mask Order](#) went into effect on Monday, 6/22/2020. This new order mandates that *“all commercial entities in Harris County providing goods or services directly to the public must develop, post, and implement a health and safety policy. The Health and Safety Policy must require, at a minimum, that all employees or visitors to the commercial entity’s business premises or other facilities wear face coverings when in an area or performing an activity which will necessarily involve close contact or proximity to co-workers or the public.”* **Please consider this communication as our Health & Safety Policy.**

**Out of an abundance of caution, I’ve made the executive decision to surpass the minimum requirements set forth by Harris County above and continue to offer all therapy sessions via tele-health.** I realize this might be disappointing to those that have been looking forward to the transition to (or back to) in-office care. I will be monitoring the risk level and providing updates to the Health & Safety Policy. Should we transition to in-office services in the future, I intend to fully comply with whatever health orders are offered by the City of Houston and Harris County. As always, I’ll keep insurance-based clients abreast of extensions in tele-behavioral health coverage on an ongoing basis.

To better manage your own personal risk and/or prevent unintentional transmission to others, **please continue to take care of yourself and each other** by:

- **wearing a mask** or cloth face covering when in public;
- **maintaining 6+ feet of separation** between you and others;
- **avoiding non-essential travel, medium/large gatherings, or places that don’t follow public health guidance;**
- **being especially mindful of your exposures** if you are older than 60, have any underlying health conditions that impact your heart, lungs, or immune system, and/or are pregnant;
- practicing healthy hygiene, including **washing your hands often** with soap and water for at least 20+ seconds (or using hand sanitizer if no soap and water are available);
- **avoiding touching** your eyes, nose, or mouth; and
- **covering your coughs** and sneezes with a tissue or elbow.

Most importantly, if you **have a fever, cough, sore throat, shortness of breath, reduced taste/smell, or have been in close contact with someone with confirmed COVID, please seek medical care.**

Any further questions about this policy, please feel free to contact me. Take good, GOOD care of yourself and be well.

~Dr. Andrews