There are so many things to cover and figure out during this different time with COVID-19. We have worked hard to prepare the office, and to have the best and safest protocols.

Please be assured we are doing our very best and have everyone’s health and comfort as our utmost concern.

**Changes and procedures that we will be following include:**  
  
Scheduling - It is preferable for you to schedule online with Full Slate. You can follow this link-www.coloradohealthquest.com/fullslate

Lark is offering phone and some IN PERSON appointments. If you would like an in person appointment please email her at larkenergetics@gmail.com  
  
The schedule will be different as we need to have time between each client to clean and sanitize.  
  
Before you come in please evaluate how you’re feeling. If you have been exposed to anyone with COVID-19 or exhibit any of the following symptoms- fever, cough, shortness of breath, chills, new muscle pain, sore throat, fatigue, loss of taste or smell, or GI upset, please cancel your appointment.   
  
Please take your temperature at home before you come in to determine if you have a fever. According to CDC guidance, a fever is 100.4 (38 degrees celsius) and above. Everybody’s base temperature is different. Please get into the habit of taking your own temperature so you know if it is increased from your normal.  
  
New paperwork will be emailed to you, including a consent form. Please be sure we have your current email. Please note it is preferable to sign and return these via email. You can sign it and either take a picture or scan it and then send this back via email at least 24 hours before your appointment. If you're not able to do this, we will have a forms for you in the office.    
  
Please come with your mask that fits well, that you don’t have to adjust and that fully covers your nose and mouth. Bandanas are not preferable. Dress in comfortable, loose clothes that you’re comfortable in for treatment. This will be different, you can keep your clothes on.

If you’re able to use your bathroom before coming in, that would be appreciated as we will have to do all the cleaning and sanitizing between people. Please know if you need to use the bathroom, it’s ok! we understand and we know some of you have a drive to get here.   
  
Please wait in your car in front until we call you and please return to your car immediately after treatment. Please have your phone on and volume on and we will call you at your scheduled treatment time. There will not be a waiting room or outside area for before or after your session. Please be sure we have your current cell phone number. We will start treatment when we call you and we will discuss on the phone how you're doing and what you’re needing. This is in order to keep the talking in the office to a minimum (and make it easier for you to be able to do most of the talking without a mask!) 

Please come into treatment alone, as no one else will be allowed on the premises (minor patients with a guardian excepted and guardian will be in the treatment room).  
  
We will take your temperature with a non-touch thermometer. If it is 100.4 or over, you will not be treated.

We will provide you with natural hand sanitizer to wash your hands.

Please note there will not be water, tea or snacks available right now :(  
  
Please exit when your treatment is done, as we will need to have time to thoroughly clean before the next person comes in. 

Payment will be online with Square (Pete will send you an invoice) or if you prefer there will be a place in the office to leave cash or a previously written check. We will not be handling any credit cards or money to give change.   
  
  
All touch surfaces will be cleaned with natural antimicrobial cleaner between clients and all sheets and blankets will be washed after each client.  
  
If you have any questions, please let us know.   
  
We look forward to seeing you and feel so blessed to know you and be able to work with you. It is truly an honor.   
  
In health,  
  
Maureen and Lark and Pete