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**COVID VARIANT and COMMUNICABLE DISEASE
OFFICE GUIDELINES**

Please be aware the Covid virus variants are still active in our State and Community. Social distancing, as well as mindful hygiene practices have been proven to be the best defense, as well as getting the Covid vaccine series. Even people who have no symptoms can transmit this virus. Because vaccinated individuals can still carry the virus without showing symptoms, vaccinated individuals may continue in-person sessions that will occur inside the office, however, masks must be worn at all times.

Due to the continued risk of COVID for all patients and the hardships associated with the unknowns of “LONG COVID” (Roberts, A., et.al. September 7, 2022. JAMA Psychiatry. <https://www.hsph.harvard.edu/>; Pesheva, E. June 9, 2022. <https://hms.harvard.edu/>; Budson, A. E. March 4, 2021. <https://www.health.harvard.edu/>), NON-VACCINATED individuals will be able to be seen through Telehealth or in the yard outside of the clinic (weather permitted).

When community COVID or other communicable disease levels are high, all sessions will be done through telehealth. Because all staff at this clinic are in the “High Risk” category, masks must be worn at all times. All staff are vaccinated. Please contact the front office (715-275-3934) or your counselor to set up appointments.

In the best interest of the health and safety for you, your family, WRCS staff, and our community, individuals who desire to be seen in-office will be asked if they received vaccination(s) for COVID before in-person sessions will be scheduled. You are asked to follow the following guidelines while in the Wetzel-Rasmussen Counseling Services (WRCS) office. These guidelines may relax or return to only Telehealth appointments depending on the spread of the Covid virus variants or other communicable diseases in our State. Updates will be provided on the clinic website: www.wrclight.com . If you are uncomfortable with the following guidelines, you have a right to seek another mental health provider (alternative referrals would be provided by WRCS, your healthcare provider and/or your insurance).

1. Avoid close contact with people who are sick
2. Telehealth or outside appointments are available to everyone

3. The Covid virus variants appear in a variety of symptoms. If you have any of the following symptoms (chills, fever, cough, muscle pain, sore throat, loss of taste, shortness of breath, and for children, a rash), please call the office, stay home, and contact your healthcare provider
4. If you are vaccinated and have been exposed, we have home tests available in our office for you. If your test indicates a positive response, please contact your healthcare provider for further instructions.
5. As has been the usual clinic policy, if you are sick, please stay home and call your healthcare provider
6. The scheduled patient(s) is the only person to enter the office (or child and one parent/authorized caregiver)
7. Masks are required at all times while inside WRCS. (If you do not have a mask, there are masks in the vestibule when you walk in.
8. Please maintain a 6-foot distance from non-related others in the main office if you choose to drop off paperwork, make a bill payment, etc.
9. All toys and reading material have been removed from the waiting room to reduce germ spread
10. All public areas shall be regularly sanitized by staff
11. Wash hands with soap or use hand sanitizer before touching reading materials or objects used in your session (note objects and all surfaces in the office are regularly disinfected)
12. Cover your cough or sneeze into your arm or with a tissue, then throw the tissue in the trash
13. Avoid touching your face (eyes, nose, or mouth)
14. Frequently wash your hands (for 20 seconds) or use hand sanitizer
15. Please let the front office manager or assistant know if supplies need to be replenished (e.g., tissues, hand sanitizer, soap at sinks, etc.)
16. If Covid levels become “HIGH” in Langlade County and surrounding counties, all appointments will be changed to telehealth.
17. For more information contact:
 - a. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - b. <https://coronavirus.jhu.edu/>
 - c. <https://www.co.langlade.wi.us/departments/health-department/general/covid-19-local-info/>
 - d. <https://infogram.com/ochd-covid-19-data-dashboard-1hzj4odqvr7d6pw?live>

We look forward to seeing you in-person or through telehealth! We do our best to provide mental health services in a safe environment. You may contact your counselor or the main office by phone if you have any questions, suggestions, or concerns. We will get through this time in our lives, together.

Thank you and Stay Well,

Natalie Wetzel-Rasmussen
Owner, Director, Clinic Administrator, & Counselor
Wetzel-Rasmussen Counseling Services