

King County, WA is currently experiencing an outbreak of the novel Coronavirus (COVID-19). Federal and County public health officials have issued guidance, and I am monitoring their advice on a regular basis. COVID-19 symptoms include fever, cough, and/or shortness of breath.

My primary goal is to assist all clients keep healthy and safe, while maintaining your access to services to the greatest extent possible. For this reason, I will provide updates should new information become available.

CURRENT PRACTICES & RECOMMENDATIONS AT VITMAN COUNSELING

- 1 My office remains open.** However, I encourage all clients to do what they deem helpful to keep themselves healthy and safe. For this reason, **I'm suspending the standard 48 hours advance notice required to cancel or reschedule appointments without financial penalty.** Please let me know as soon as possible if you will not be attending a scheduled appointment.
- 2 Please don't come to my office if: (a) you feel sick; (b) think you may be getting sick; (c) someone in your home is sick; or (d) you believe you have been in contact with someone diagnosed with COVID-19. I will operate on the same basis and will cancel sessions as needed.**
- 3 In keeping with public health advice, I (a) discourage us from shaking hands, (b) am washing my hands between sessions; and (c) am disinfecting high-contact surfaces at my office (door knobs, etc.) daily.
- 4 King County encourages individuals in the following categories to consider avoiding public situations:
 - Those 60 years of age or older;
 - Those with underlying health conditions, including heart disease, lung disease, or diabetes;
 - Those with weakened immune systems; or
 - Those who are pregnant
- 5 For clients who do not feel comfortable attending sessions in person: I'm able to offer tele-health services using a secure, HIPAA-compliant Web [portal](#). Please let me know in advance if you'd like schedule a tele-health session.
- 6 Prior to attending telehealth session please read, sign and email back to me [Consent Form for Telehealth Counseling](#).
- 7 Consult reliable, evidence-based sources of information in making choices about how you respond to this public health situation. These include:

US Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/about/>

Fact Sheet (PDF): <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

Washington State Dept. of Health: <https://www.doh.wa.gov/Emergencies/Coronavirus>

King County & Seattle Public Health: <https://publichealthinsider.com/>

Please contact me with have any questions or concerns you may have,

- Spomenka Vitman, MA, LMHC

Last updated on March 12, 2020