



ESSENTIAL ACUPUNCTURE

• CHICAGO •

Please help us help you by observing the following guidelines for coming in for acupuncture.

If you are sick in any way, including cough, fever, body aches, sore throat, sinus issues, uncommon digestive upset, changes to your sense of smell/taste, have a compromised immune system, or are in a vulnerable population, please do not schedule an in-person appointment.

If you are within 5 days of recovering from any illness, please do not schedule an in-person appointment.

When you come for your appointment, please wear a mask. If you don't have a mask / mouth and nose covering, one will be provided for you. We do require patients to wear a mask in the clinic.

Before entering the clinic, please wash your hands. Once you have taken off your shoes, please come up to the front desk to sanitize your hands.

Appointments are staggered so that there is minimal, if any, contact between people besides the practitioner and patient.

Please do not come early to your appointment. You will be shown or directed immediately to your treatment room upon arrival.

Rooms are sanitized and aired out between patients.

Please wear loose, comfortable clothing that allows us to get as high as your knees and elbows so disrobing isn't necessary. If that isn't possible, bring a pair of shorts. We are not using any towels for draping right now.

We offer virtual appointments, if you would prefer to stay at home.

If you are recovering from covid-19 and have had a negative followup test, you are welcome in our clinic.

You may be asked to move your currently scheduled appointment to a different day or time to help us maintain our safety protocols.

We thank you in advance for your patience and understanding as we adjust our systems to best serve our community.