

INFORMED CONSENT FOR IN-PERSON SERVICES DURING THE COVID-19 PANDEMIC

This document contains important information about the decision to resume in-person services during the COVID-19 pandemic. Please read this carefully and let CMC staff and/or your clinician know if you have any questions.

Decision to Meet Face-to-Face

You and your clinician have agreed to meet in person for some or all future sessions. However, if there is a resurgence of the COVID-19 pandemic, or if associated health concerns arise, CMC may require that you and your clinician meet via telehealth until further notice. If you have concerns or questions about meeting through telehealth, your clinician will discuss them with you first and try to address any issues.

If, at any time, you decide that you would feel safer staying with, or returning to, telehealth services, CMC will respect that decision, as long as it is feasible and clinically appropriate. However, be advised that reimbursement for telehealth services is also determined by insurance companies and applicable law.

Risks of Opting for In-Person Services

You understand that by coming to the office, you are assuming the risk of exposure to COVID-19. You understand that even though CMC personnel are vaccinated and taking additional environmental and infectious disease precautions in connection with your care, there is no guarantee that you will not contract COVID-19 in the course of in-person treatment at CMC.

Your Responsibility to Minimize Your Exposure

To obtain services in person, you agree to take certain precautions which will help keep yourself and CMC staff safer from COVID-19 exposure, and illness. If you do not adhere to these safeguards, it may result in a telehealth arrangement being the only treatment option. Please initial each to indicate that you understand and agree to these actions:

- You will provide documentation to CMC confirming that you are vaccinated against COVID-19 in advance of your first in-person appointment. A person is considered by CMC to be vaccinated against COVID-19 fourteen days after having received a second dose of either the Moderna or Pfizer vaccine, or twenty-one days after having received a single dose of the Johnson and Johnson vaccine. The documentation will be placed in your medical record.
- If you, or any resident of your home, at any time over the 10 days prior to your in-person appointment, exhibit ANY signs of illness including, but not limited to: coughing, fever, shortness of breath, loss of sense of smell, sore throat, fatigue, nausea or diarrhea, you will immediately inform CMC and your clinician. Even if you suspect or have documentation that you are ill with something other than COVID-19, you agree to cancel the appointment or proceed using telehealth until 10 days have passed since the onset of your symptoms.
- If you, or any resident of your home are exposed to someone who tested positive for covid-19, you will immediately inform CMC and your clinician. You agree to then proceed using telehealth until 14 days after the exposure, or alternatively, submit documentation of a negative COVID-19 PCR test performed no sooner than 5 days after the potential exposure.
- If you test positive for COVID-19, you will immediately inform CMC and your clinician. You agree to then proceed using telehealth until 10 days have passed since your positive test.
- You will wash your hands or use an alcohol or benzalkonium chloride-based sanitizer to cleanse your hands immediately after you enter the building. These products will be available to you in the lobby of CMC.
- Upon entering and until exiting, you will adhere to social distancing precautions as specified and

described by CMC, and there will be no physical contact (e.g. shaking hands) with any CMC staff member.

- Upon entering, and until exiting CMC property, you will wear either a level 3 surgical mask, a KF 94 mask, or a N95 mask at all times.. We ask that you do not do things that require you to pull down your mask, like eating or drinking if you are in a room with another person (e.g., waiting room or clinical office).
- If you now have, or in the future obtain a job that exposes you to people who are infected with COVID-19, or are at high risk of COVID-19 infection (e.g. in the healthcare or assisted living industry), you will immediately inform CMC and your clinician.
- If you engage in international commercial airline travel, you will immediately inform CMC and your clinician and agree to defer participation in in-person services until 10 days after your return flight.
- If you come in contact with anyone who may have been exposed to COVID-19, or anyone who either has, or is suspected to have COVID-19, you will immediately inform CMC and your clinician.

Please take steps between appointments to minimize your exposure to COVID-19. If your commute repeatedly puts you in sustained close contact with potentially unvaccinated persons, we ask that you:

1. Wear a mask

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

or wear an N95 respirator at all times while in transit. Use of an N95 respirator is more effective and is preferable.

2. Always move toward less crowded portions of the subway or train car or bus to maximize physical distance from others whenever possible

3. Maximize distance from anyone not wearing a mask - move to another train car if needed 4.

Allow especially crowded appearing train cars or buses to pass you by

5. If commuting by taxi or ride-sharing service, travel with the vehicle's windows down whenever possible

The above precautions may be adjusted based on issuance of additional local, state or federal orders and guidelines.

Proof of Your COVID-19 Vaccination Status

CMC accepts either the standard white CDC COVID-19 vaccination record card that is issued to all persons at the time of their vaccination, or the New York State Excelsior Pass

<https://covid19vaccine.health.ny.gov/excelsior-pass> as proof of vaccination.

Prior to scheduling your first in-person session, you must submit a clear digital photograph of either your CDC COVID-19 vaccination record card, or a clear digital photograph of your New York State Excelsior Pass to CMC by uploading the image, as required here.

CMC's Commitment to Minimize Exposure

All CMC staff who are in the office are fully vaccinated. CMC has taken steps to reduce the risk of spreading COVID-19 within the office and we have posted our efforts on our website and in the office. Please let us know if you have questions about these efforts.

If You or your CMC Clinician is Sick

You understand that CMC is committed to keeping you, all CMC patients and staff, and all of our families safe from the spread of COVID-19. Therefore, if you show up for an appointment and CMC staff observes that you are exhibiting signs or symptoms of illness, you will be asked to leave the office immediately, and follow up

with services by telehealth as appropriate.

If any CMC staff with whom you have interacted closely over the prior 14 days becomes sick with COVID-19, or was exposed to COVID-19, CMC will notify you immediately so that you can take appropriate precautions.

Your Confidentiality in the Case of Infection

If you have tested positive for COVID-19, CMC may be required to notify local health authorities that you have been in the office. In such a case, CMC will provide only the minimum information legally necessary and will not go into any details about the reason(s) for our visits. By signing this form, you are agreeing that CMC may do so without an additional signed release.

Informed Consent

I understand and agree to all of the above. I understand the risks and benefits of in-person treatment.

I have had all my questions answered and have not been offered any guarantees. I hereby give my informed written consent for in-person treatment.

This agreement supplements the general informed consent/business agreement previously agreed upon.

Your signature below indicates that you agree to these terms and conditions.

_____ Patient/Client Date

_____ Authorized CMC Staff
Date

CMC is taking the following precautions to protect our patients and help slow the spread of the coronavirus.

- Office seating in the waiting room and in therapy/testing rooms has been arranged for appropriate physical distancing.
- All staff wear masks and maintain safe distancing.
- Restroom soap dispensers are maintained and everyone is encouraged to wash their hands.
- Hand sanitizer is available in the therapy/testing rooms, the waiting room and at the reception counter.
- We schedule appointments at specific intervals to minimize the number of people in the waiting room.
- Our space was custom built just three years ago with brand new HVAC equipment engineered to comply with current building codes for air exchange.
- Each office has a stand alone HEPA filter that is sized to the room.
- We ask all clients to remain outside until no earlier than 5 minutes before their appointment times.
- Common areas are thoroughly disinfected at the end of each day.