



## Post COVID-19 Task Force Draft Statement - 9/23/2020

It is the position of The California Chiropractic Association Post COVID-19 Task Force that:

In order to ensure our ability to remain open and continue to serve our patients, it is necessary that we remain in compliance with State and local health ordinances, Chiropractors should follow State and local jurisdictional regulations and be familiar with changing CDC information and recommendations regarding COVID-19 ([17](#)). Presently regulations are industry specific rather than taking the actual risk of any individual business into account. It is important to examine your particular practices to identify potential areas of concern and to address those accordingly. Additionally, some CDC recommendations are based on the perceived rate of local transmission, generally by county. CDC PPE recommendations will often be based on the specific transmission level category. Therefore it is important to be aware of what is going on in your locality.

The following are areas that may have mandated requirements and should be evaluated for your individual practice. These mandates and recommendations may change frequently. It is important to be aware of these changes and respond accordingly.

### Section 1

**1 - Face Coverings:** When face coverings are appropriate, they must cover the nose and mouth. Specific requirements may differ for staff, patients, and visitors. Face shields or eye protection have been recommended while providing patient care in conjunction with face-covering usage by the CDC recommendations ([1,2,10,11,12](#)).

**2 - Social/Physical Distancing:** Distancing is generally considered to be maintaining a minimum of 6 feet between people. Examine person to person interactions in your office to identify areas where distance issues can occur and determine your best strategies for maintaining an appropriate distance when possible. It is understood that the nature of our practices involve personal contact between the patient and the doctor and/or staff. Consider limiting the number of visitors to the facility, staggering patient sessions, and arranging seating in waiting rooms to be 6 feet apart ([11](#)).

**3 - Hygiene:** Hand washing and cleaning of treatment rooms and equipment should be performed as necessary. General office surfaces and equipment that come into contact with patients should also be cleaned on a frequent basis. Tier I products that follow EPA's emerging Viral pathogen guidance for antimicrobial mitigation should be used ([4](#))([7](#)).

**4 - Screening:** Symptom screening should be performed daily for chiropractors, staff, visitors, patients and all persons entering the facility. Screening should include proper Covid-19 specific questions and according to the latest CDC guidelines ([7](#))([11](#)).

**5 - Public Health Orders/Recommendations:** Stay current with the recommendations of the CDC and other local and state organizations.

**6 - COVID-19 Symptoms:** If a healthcare provider (HCP), or staff, shows signs or symptoms of a COVID-19 infection (as listed on [cdc.gov](https://www.cdc.gov)) (15) or suspect they have been exposed to COVID-19, they need to stay home and contact local public health officials and always respond promptly to contact tracers. If a patient shows signs or symptoms of infection, they need to postpone their visit. (13) Refer to CDC guidance on criteria for determining likelihood of exposure (14).

**7- Return to Work Criteria:** HCPs that suspect they have had exposure to the virus (14) or have COVID-19 signs and symptoms (15) or have tested positive to SARS-CoV-2 must self-quarantine and follow the latest recommendations on CDC guidelines while waiting for test results even if they are asymptomatic (13).

**8 - Notification of Exposure Staff/Patients/Visitors:** Notification of all persons who may have been exposed to a person that has tested positive may be necessary. Contact local public health officials regarding potential exposure of individuals in your practice for guidance.

**9 - Patient Consent Forms:** Consider consulting with your malpractice carrier regarding COVID-19 consent forms to be given to patients during the pandemic.

**10 - Facility Entrance Posters:** Guideline posters are available from the CDC and often local public health authorities. These should be, and may be required to be, posted at door fronts and may also be added to office websites. These are to notify all patients about the changes they should expect in regards to social distancing, sanitation protocols, and symptom screening when entering each facility/office during the pandemic. Office staff should monitor points of entry to the facility (9,10).

**11 - Staff Education:** Staff need to be trained regarding precautions (frequent hand wash/ environmental hygiene, face covering (masking), using social distancing, symptom screening, and staying home when ill (8).

## Section 2:

**1- Shelter in Place Orders:** Chiropractic offices have been considered 'essential' and have been permitted to remain open. As always, we expect our Doctors of Chiropractic to use excellent clinical judgement, provide the appropriate care and to be available for emergency care and essential services as permitted by the State or Local public health orders. It is important to read these orders carefully as they are released (9).

**2- Telehealth:** It is recommended to make use of Telehealth technology for taking patient histories, screening for red flags thereby allowing for triage. It is recommended to decrease in-person face to face time. Strategies such as emailing health forms and consent forms, taking the history, chief complaint, payments, etc. online or via phone can help to decrease face to face exposure time and are encouraged (11).

**3 - Be careful about making statements that may be interpreted as indicating chiropractic treatment will prevent, or improve recovery from a COVID-19 infection.** There have been no valid clinical scientific studies that any care, including chiropractic, can impact the outcome of a COVID-19 infection (9).

## References and Resources:

1. [https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings\\_06-18-2020.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf)
2. <https://www.cdc.gov/hai/pdfs/ppe/PPEslides6-29-04.pdf>
3. [https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Fcontrol-recommendations.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Fcontrol-recommendations.html)
4. [https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf?mod=article\\_inline](https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf?mod=article_inline)
5. [https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Fcontrol-recommendations.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Fcontrol-recommendations.html)
6. [https://www.dir.ca.gov/dosh/dosh\\_publications/ATD-Guide.pdf](https://www.dir.ca.gov/dosh/dosh_publications/ATD-Guide.pdf)
7. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
8. <https://www.osha.gov/Publications/OSHA3990.pdf>
9. <https://chiromt.biomedcentral.com/articles/10.1186/s12998-020-00333-6>
10. <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/HealthOfficerOrderCOVID19.pdf>
11. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
12. [http://omls.oregon.gov/pipermail/obce\\_publication/2020/000032.html](http://omls.oregon.gov/pipermail/obce_publication/2020/000032.html)
13. [https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhealthcare-facilities%2Fhcp-return-work.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhealthcare-facilities%2Fhcp-return-work.html)
14. *Public Health Guidance for Community-Related Exposure:* <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
15. *Symptoms of Coronavirus:* <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
16. *CA Dept. of Public Health COVID-19 Resources:* <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
17. *CDC COVID-19 Resources:* <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
18. *World Health Organization COVID-19 Resources:* <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
19. *California COVID Business Regulations Based on Transmission:* <https://covid19.ca.gov/safer-economy/>