

## Updated Covid-19 Information for DK Therapy

The world is in a state of multiple crises and our mental health is one of them. Never before has mental health been so talked about. We are not immune from the stress and uncertainty that contribute to our anxiety. An article published by USA Today stated that the American Psychological Association reported that “more than 80% of U.S. adults report the nation’s future is a significant source of stress.”

At DK Therapy, we are aware of the fear, anxiety, and even danger that is active in our communities due to the Covid-19 virus. We recognize that everyone of us is navigating a unique situation with new stressors, challenges, and opportunities. Helping you cope with your emotions and manage your stress during a period of heightened anxiety is our priority.

We want to help continue to support your healing and will also be active in utilizing best practices to help keep our clients, staff, and community safe during this difficult time. We are actively working to do our part to help slow the spread of the coronavirus while also being mindful of the needs of those in our community.



### Safety Changes and Protocols:

We are having in-house sessions, with social distancing, no hugs, no close contact, and proper spacing.

We are asking current clients (and staff), or family members if they have had recent contact with another who has experienced cold or flu-like symptoms including coughing, sneezing, shortness of breath or chills. If so, they are being asked to stay home and shift to telehealth and Zoom sessions if they are able to do so.



Clients and staff will be asked to wash their hands (with soap 20 seconds) upon entering the office and throughout the day between sessions.

We will be sanitizing the office throughout the day with CDC approved infection prevention and sanitation protocols. The office will be sanitized nightly and throughout the day.

We will continue to monitor any emerging needs and precautions to implement on a daily basis.

New (and current) clients who feel any symptoms are asked to stay home and, if able, to participate in Zoom or telehealth sessions with their therapist.

Please call us at 213.479.8730 or email us with any questions.

We are here to support you and help you heal throughout this time.

Contact us at [www.dainkloner.com](http://www.dainkloner.com)