

New Light Counseling Service COVID-19 Preventative Measures

As communities around the world are managing the spread of Coronavirus (COVID-19), I wanted to reassure that the health and safety of individuals who come into New Light Counseling Service is my first priority. I would like to share with you about the preventative measures that New Light Counseling Service is undertaking during this COVID-19 period:

- In the office, I do **daily disinfections**, including using sanitizing wipes to clean the door knobs and handles, light switches, water dispenser buttons, and restroom keys, by the end of each of New Light Counseling Service's business days (Tuesdays, Thursdays, Fridays and Saturdays).
- When objects such as pens, coloring pens, rulers, clipper boards, or art supplies have been utilized in the session, these **objects touched by clients are immediately washed** or sanitized following the end of session. Or they are simply removed from the therapy office to the office sink when back-to-back appointments do not allow for time of immediate cleaning.
- **Pine-Sol containing glycolic acid** has been utilized to clean the commonly touched areas such as the tables in the office.
- The therapy office layout has been rearranged to honor the **social distancing** guideline.
- The sofa **pillows have been removed** inside the therapy office.
- I have **refrained from shaking hands** with clients since February 2020.
- Starting 3/20/2020, the therapy office will be **room sprayed** with 100% pure oils of natural ingredients containing anti-bacterial and anti-viral properties, including lavender, lemongrass, mint, and eucalyptus, till other disinfectant spray becomes available.
 - Please notify me when you are allergic to these natural ingredients.
 - Please note that these natural ingredients are not included in the list of US-EPA (Environmental Protection Agency) recommended products with emerging viral pathogens and human coronavirus claims for use against SARS-CoV-2 (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>)