



Warsaw,

COVID-19 Informed Consent

Due to the spread of the SARS-CoV-2 virus and the announced pandemic, I confirm that I have been informed that, in accordance with the recommendations of experts and the position of the Polish Psychiatric Association and the Polish Psychological Association, it is suggested that consultations, sessions psychotherapy and psychological help were carried out online using tele-therapy video services.

I declare that I have been informed about the possibility of holding online sessions or suspending meetings until the epidemic is under control, but I have decided to continue therapy in the office, in direct contact.

I am aware of the risks associated with this form of contact. Therefore:

- 1) I will comply with the security measures in force at the Ogrody Zmian and will cooperate with its employees by following sanitary instructions and answering health questions
- 2) I will disinfect my hands after entering the Center
- 3) I will cover my mouth and nose with a sanitary mask during my stay at the shared space of Ogrody Zmian
- 4) In case of contact with a person who carries the SARS-CoV-2 virus or the occurrence of symptoms such as: body temperature above 37 degrees Celsius, dry cough, fatigue; I will immediately inform the therapist about this and stop visiting the Center in person

At the same time, in the event of necessity arising from the possibility of a positive result for the presence of the COVID-19 virus for the therapist, I agree my personal data to be disclosed to relevant sanitary and epidemiological services. In such cases, there is no need to provide context for contact.

Instructions for taking sessions in the office during the COVID-19 pandemic

- 1) Come to the Center about the time of the session. If you are earlier, wait in the car or outside, avoid using the waiting room unless necessary.
- 2) Take a mask with you. Put it on before entering the office. Always have it on when in the shared space.
- 3) After entering the Center, disinfect your hands. The therapist, even if he has had the habit of shaking your hand so far, will now welcome you in a different way due to the pandemic situation.
- 4) If you want to use the toilet, use hand and surface disinfectants.
- 5) Take water in a bottle with you if you would like to drink.
- 6) Hand disinfectants and disposable masks are available in the office.
- 7) The session may take place in a different room than before.
- 8) Make the payment for the session by bank transfer before the session
- 9) **In the event of fever, dry cough, fatigue or other symptoms of COVID-19 or in the event of contact with a person carrying the SARS-CoV-19 virus, immediately inform the therapist.**

I HAVE READ AND UNDERSTAND THE ABOVE INFORMATION AND INSTRUCTIONS:

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