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### **COVID-19 Protocol for In-Person Sessions**

Before any in-person session, please take a moment to consider if you are at risk or could put others at risk for contracting COVID-19. These are the recommended screening questions provided by the CDC. If you answer “yes” to any of these questions, please contact your therapist as soon as you are able prior to your scheduled session and we will assess the situation and make a plan of how to proceed (cancel session, switch to telehealth, etc.)

- Have you or anyone in your household had any of the following symptoms in the last 48 hours: sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100 degrees Fahrenheit?
- Have you or anyone in your household been tested for COVID-19?
- Have you or anyone in your household visited or received treatment in a hospital, nursing home, long-term care, or other health care facility in the past 30 days?
- Are you or anyone in your household a health care provider or emergency responder?
- Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?
- Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?
- To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19?

If you did not answer “yes” to any of the above questions, then we will proceed to meet in person. There will be hand sanitizer and masks available in the office if needed.

The State College Borough has reinstated an indoor mask mandate for businesses in the borough as of September 14, 2021. Wearing a mask in my waiting room is required for clients to protect those that may pass each other between sessions. I am encouraging clients to use the available hand sanitizer when you enter the waiting room.

Masks while in my office space and in session will continue to be at both the client and the therapist’s discretion and comfort level. Please be honest and speak for your needs at the start of your session if you would prefer masks to be worn.

We have the ability to be flexible as we still have telehealth as an option for sessions. If you don’t feel well the day of your session or something comes up that would be easier to shift your in-person session to telehealth, please contact me and I can switch the session to video and send a session link around your scheduled appointment time.