

Physical Location: 105 B W Main, Puyallup, WA 98371
Mailing Address: 4227 S. Meridian, Ste C #176, Puyallup, WA 98373
Tel: (206) 372-7081
bridget@bridgetstjohntherapy.com
www.bridgestjohntherapy.com



**I am adapting to a new, safe way of conducting therapy sessions.
Please read the following guidelines:**

I am following recommended CDC and DOH health care guidelines to mitigate risk of exposure to Covid-19 while conducting private practice therapy sessions.

Wearing a mask is required to enter the office building and private office where the session will be conducted.

If you have any of the following symptoms...

- **Cough**
- **Fever or chills**
- **Shaking with chills**
- **Sore throat**
- **Shortness of breath**
- **Body ache**
- **Unusual headaches for you**
- **A loss of smell or taste**
- **Generally, not feeling well, even a little bit**

...I ask that you please not enter the office and set up a phone or video session instead.

If you have been exposed to anyone with Covid-19 symptoms in the last 14 days, please let me know that as well.

Please feel free to bring your own sanitizing supplies if you prefer.

Couches have been covered with vinyl couch covers for easy sanitizing, and furniture has been placed further apart at least 6 to 8 feet from where I normally sit in the office.

If you prefer to wait in your car until your scheduled treatment time, send me a text or call, and I will let you know when I am ready for you to enter.

Thank you for your trust and your understanding,

A handwritten signature in black ink that reads "Bridget St John".

Bridget St John, MA, LMFT