



5509-B W. Friendly Avenue, Suite 106, Greensboro, NC 27410 • 1777 Fordham Blvd., Suite 202-1, Chapel Hill, NC 27514  
Telephone: (336) 272-0855 Greensboro Fax: (336) 272-9885 Chapel Hill Fax: (919) 238-7000  
carolinapsychological.com

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## COVID-19 UPDATE

As we all monitor the impact of the Coronavirus in our local and global communities, please know that Carolina Psychological Associates (CPA) is following all recommendations as provided by the CDC and NC DHHS websites. We at CPA are committed to prioritizing the safety of our clients and staff and recognize the increased stress and anxiety that is associated with this health emergency. We will continue to see clients at this time and know that keeping our offices clean is a top priority for all of us. Please know that we are cleaning surfaces regularly and have hand sanitizer available throughout our offices. As we all take care of one another, please let your therapist know as soon as possible if you are not feeling well or have travelled outside the country. This is not the time for us to “push through” any physical symptoms and ailments. Until further notice, the following policies have been put in place for any client visiting the office to help ensure everyone’s safety:

1. Only one parent or caregiver may accompany the client inside the office.
2. Any client experiencing signs of illness, such as coughing, fever, shortness of breath, or flu-like symptoms will need to reschedule their appointment until they are symptom free (without medication) for 48 hours.
3. If you have traveled internationally or have been on a cruise ship within the last 30 days, you will need to reschedule your appointment until you have been home (and remain symptom free without medications) for at least 14 days.
4. If you have been in close contact (including, but not limited to, being in the same household) with anyone who has tested positive for COVID-19, or has symptoms of that illness (fever, cough, shortness of breath) but has not yet been tested, you will need to reschedule your appointment unless you are symptom free and can bring proof of having tested negative for COVID-19.

We apologize for any inconvenience but appreciate your cooperation and understanding during this time. In order to continue to provide care, we are offering our clients options which include Telepsychology. We are able to provide secure, HIPAA-compliant therapy through an online service. This is covered by most insurances, just like an in-office appointment. If this is something that may be of help to you, whether you are experiencing any symptoms or would just feel more comfortable in your own home, please contact your therapist to make arrangements. We will continue to update you on our general voicemail, website and Facebook page with any changes as we encounter them. Remember to stay calm, wash your hands, practice social distancing, and we will get through this together as a community! Be well.