New Zealand Association of Medical Herbalists

COVID-19 Transmission Risk and Risk Mitigation in Professional Practice

1. Identified Areas of Risks

a) Transmission of COVID-19 due to face-to-face consultations via aerosol droplets or from a surface to hands/clothing and then to face
b) Transmission from surface of herbal formula or supplement bottles to client
c) Transmission from packaging of herbal formula to client
d) Transmission from courier or other delivery method to client

2. Mitigation of Risks

2.1. Transmission Risk Mitigation in Consultation

a) Consultations must be held remotely during Level 3 and 4 COVID-19 Alert,
   - Please see the resources for working online on the NZAMH website
b) During Levels 1 and 2 Alerts please:
   - Provide hand sanitiser at entrance to clinic and implement strict hand sanitising protocol for both client and yourself
   - Practice physical distancing – seat client at least 1.5 metres from you
   - Extensively sanitise all surfaces and chairs following each consultation
   - Remove access to magazines and children's toys
   - Minimise use of EFTPOS machine, by offering invoice option or prepay
   - Do not accept cash payments
   - Provide paper towels and tissues

2.2. Transmission Risk Mitigation in Herbal Dispensing

a) Wash hands thoroughly, see this demonstration to ensure you are doing it correctly
b) Wear Personal Protective Equipment - Gloves and Masks during cleaning, dispensing, and packaging
c) Ensure all work surfaces are thoroughly cleaned with an alcohol based sanitiser of at least 70% ABV or with a bleach based sanitiser (follow instructions on label)
d) Wipe all dispensing stock and formula bottle with sanitiser – especially around the rim and ensure all other equipment is thoroughly cleaned and sanitised (beakers, pens etc.)
e) Pour the formula
f) Re-sanitise the bottle going to the client
g) Sanitise the label prior to writing on it (with ethanol or Isopropyl)
h) Sanitise your gloved hands again and write on the label
i) Package the herbal formula in new courier packaging

2.3. Transmission Risk Mitigation in Delivery of Health Supplements

a) Courier to the client – All couriers are using non-contact delivery methods
b) Advise the client to dispose of packaging into outside bin immediately without placing on any surfaces / or sanitise said surface after un-packing
c) Advise the client to sanitise the remedies on delivery and prior to use

2.4. Transmission Risk Mitigation in Shipping Health Supplements

(a) If shipping supplements you hold in stock observe points h-k of Section 2.2 and all points in Section 2.3 regarding delivery of health supplements.
(b) If you are using prescription services they will have their own stringent sanitization protocols in place, however advise the client to observe points 2.3.b and 2.3.c.