

Perspective Counseling & Consulting, PLLC



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We know that there's widespread concern in our community and state about the Coronavirus Disease 2019 (COVID-19), and I want you to know that your health is our top priority at Perspective Counseling & Consulting, PLLC.

With the increasing uncertainty and growing number of infected individuals around the world and in our state, I encourage you to take responsibility for yourself and your family. It's important to take a proactive approach to minimize exposure.

- If you've recently been around or exposed to an individual who is being tested or has symptoms of fever, coughing, shortness of breath, chills, headache, sore throat, body aches, common cold and flu symptoms please wait 14 days before coming for an in office visit.
- Masks during the session are going to be encouraged with both the counselor and the client.
- If you're exhibiting symptoms of respiratory illness, symptoms of fever, coughing, shortness of breath, chills, headache, sore throat, body aches, common cold and flu symptoms; I urge you to stay home, take care of yourself, and seek medical help when appropriate.

I encourage you to schedule a secure video appointment with me. [Research shows](#) that they can be just as effective as in-person appointments, and we can continue your care without interruption. If you're interested, let me know and I'll make the necessary arrangements.

Please refer to the [CDC Coronavirus Disease 2019 \(COVID-19\) webpage](#) for more information on this evolving situation, and maintain awareness by checking the official communications from the [Centers for Disease Control](#) and [World Health Organization](#).

If you have any questions, please let me know.

Regards,
Stacey Baughman, LPC, NCC, CSAT, SEP, CPTT
Perspective Counseling & Consulting, PLLC