

COVID-19 Protocols

Below is a list of new office procedures and considerations put forth by the Federation of State Massage Therapy Boards that I will be following at my office.

These updates and changes to standard massage policies and procedures aim to decrease health risks while COVID-19 is present in communities. Symptoms of COVID-19, waiting for the results of a COVID-19 test, or a positive COVID-19 test contraindicates massage.

If you have any reason to suspect that you are not completely healthy, please reschedule your session.

Changes to Client Arrival Procedures

- Please wait in your car or outside until I send a text (or, if you prefer, a call) to come in. If you do not have a cell phone, please come directly into the office 10 minutes before your scheduled appointment time – so long as the door is open, and the “Massage In Session” sign is not displayed. I will be paying close attention to the schedule so the room is ready at your arrival. This allows for a brief intake before starting the massage session, and eliminates waiting in the reception area.
- Clients are required to arrive wearing a facemask over both their nose and mouth. If you don't have a facemask, you will be provided with a disposable facemask.
- Avoid practices such as handshaking or hugging.
- Please bring a reusable water bottle. Filtered water is still available in the reception area if you forget.
- Hand sanitizer is available in the treatment room.

Clients at High Risk

Unless otherwise directed by the client's primary healthcare provider, clients at higher risk of severe illness from COVID-19 should forgo massage while the virus is present in their communities.

(If you are at high-risk, **please** consult with your doctor prior to booking a massage to discuss what extra precautions might be needed, or if massage should be avoided at this time)

» While information is still limited, the CDC indicates that these underlying conditions place people at higher risk for severe illness from COVID-19:

- › People 65 years or older
- › Chronic lung disease
- › Moderate to severe asthma
- › Heart conditions
- › Compromised or suppressed immunity
- › Severe obesity (body mass index of 40 or higher)
- › Diabetes
- › Chronic kidney disease
- › Liver disease

Changes to Session Procedures

While COVID-19 is present in the community, these changes to session procedures are advised:

- ›› Friends and family of the client are not allowed to wait in the reception area while the client receives massage, unless they are that client's legal guardian.
- ›› Both the practitioner and client must wear a facemask during the session. The client must also wear a facemask from the time they enter to the time they leave the facility. (I will be making an exception – you may remove your mask when lying face down on the table).
- ›› The CDC suggests that COVID-19 infected respiratory droplets can be dispersed when people talk. For this reason, **talking is limited to communication about pressure, warmth, and comfort** while in the enclosed space of the session room.
- ›› Intra-oral or nasal massage is prohibited at this time because it increases the risk of COVID-19 exposure.
- ›› Because a facemask is worn for the duration of the massage, **safe face massage is not possible and therefore prohibited at this time.**
- ›› If possible, process the client's payment and rebooking the next session in the session room after the client has had the opportunity to dress. The disinfection load on the facility is reduced when there is less opportunity for clients or practitioners to contaminate surfaces when performing these session procedures.
- ›› If applicable, utilize electronic methods for charting and client surveys/feedback.
- ›› Practitioners should disinfect their hands directly after handling client payment materials such as credit cards, cash and receipts as these surfaces may be contaminated.
- ›› Request that the client sanitize their hands with an alcohol-based hand sanitizer directly before they leave the session room and before they pass through common areas of the facility.

Portions of these materials are copyrighted by the Federation of State Massage Therapy Boards. All rights reserved.