

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.

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