



To my valued clients,

The following changes to my massage practice are based upon mandates from the Governor and recommendations from the CDC and ABMP (Associated Bodywork & Massage Professionals)

- My commitment to you is that I will take any step humanly possible to ensure your safety, but the reality is that it is possible for someone who is asymptomatic to spread COVID-19 without knowing it. In accordance with extended shelter-in-place recommendations to protect our more vulnerable populations, I am asking that clients with compromised immune systems, clients aged 65 or above, or clients in other elevated at-risk categories **consider scheduling a massage when it is safer to do so.**

- I have modified my cancellation policy to offer greater flexibility to all clients. If you need to reschedule because you are not feeling well, I understand and request that you please contact me as soon as possible to reschedule. To further support you, there will be **no penalties for cancellations.**

- Please do not arrive more than 5 minutes early to your appointment. I need the extra time to prepare between clients. If you are early, please wait in your car.

### **Steps I am taking:**

- Daily self- temperature check: if over 100 degrees I will cancel all appointments & reschedule when I am well.

- Continued sanitation – I have always adhered to universal precautions and sanitized my office for each client. All touch points will be sanitized using an EPA approved disinfectant.

- I will wear a new face mask & change into a clean pair of scrubs for each client.

- I have added a HEPA filter air purifier to my office.

- As always, I wash my hands to my elbows prior to and after each client.

**What I am asking of you:**

- If you have any symptoms of illness please cancel and reschedule when you no longer symptomatic.
- If you have been in close contact with anyone who has had symptoms of COVID-19 please reschedule your appointment for at least 14 days after contact
- **Wear a face mask to your appointment.** If you do not have one, I will provide one for you.
- You will be required to wash your hands with soap & water upon arrival to my office.
- All clients will receive a temperature check before starting.
- Fill out a questionnaire/waiver ([Click here to download](#))

I encourage you to contact me if you have any questions or concerns. These changes will help to provide a safer environment so that you can get back on my massage table and I can return to doing what I love: helping you heal with massage.

Be well,  
Matt