



## Benicka-Therapeutic Massage

### COVID -19 Policies and Procedures

We are committed to doing everything we can to create a safe and healthy environment for our clients and staff.

1. After every session, linens are removed and replaced in the treatment room. This includes all sheets, blankets, towels, and the covers for the head rest. Soiled linens are stored out of the treatment room.
2. All linens are washed, dried and sanitized at the end of the day.
3. Clean linens are stored in closed cabinetry.
4. Massage gel, oils, lotions bottles, tools and equipment are wiped down with disinfectant and sanitized after each client with EPA registered disinfection.
5. Objects that are frequently handled such as toilets, door handles, chairs, counter tops, ink pens and cabinets are regularly cleaned with EPA registered disinfectant and sanitizing cloth.
6. Each treatment room is cleaned with hospital grade disinfectant after each client.
7. Air filters are changed regularly according to manufacturer directions.
8. Therapist must thoroughly wash her hands with warm water and hospital grade disinfecting soap for at least 20 seconds and with the sanitizer, before and after touching clients, before touching clean linens and after visiting the bathroom.
9. Therapist is screened for symptoms of illness, her temperature will be measured prior to the beginning of her shift and she will go home immediately if she presents with any symptoms associated with flu, cold or Covid-19. All the appointments will be rescheduled.
10. Clients are screened for symptoms related to Covid-19, cold or flu and their temperature will be measured. Massage will be rescheduled if symptomatic or if they are receiving treatment for contagious illness.
11. Therapist will be wearing N95 face mask, face shield and apron during the massage session for your protection and theirs. In case of any skin openings (scratch) she will wear gloves.
12. Therapist will apply UV light and disinfectant spray to their uniform after each client.
13. Books and magazines or advertising material have been removed from the waiting room to prevent cross contamination.
14. Waiting room chairs have been spaced apart for social distancing.
15. Hand sanitizer and tissues will be available for use by staff and clients.

We encourage you to also take appropriate precautions and if you are feeling unwell or have been at risk of exposure, please contact us to reschedule.