

Covid-19 Office and Session Protocol

There are several new guidelines and protocols that will be implemented to ensure a safe environment for us all.

1. Symptoms: All clients should come to their appointments only when they feel healthy and well. If you are experiencing ANY symptoms of illness, including fever, chills, cough, sneezing, digestive illness, headache, are not feeling well or have been in contact with someone who is sick or has recently traveled (within the past 14 days), please reschedule your appointment. I will be sure to do the same.

2. Immunocompromised: If you or anyone in your family are immunocompromised, or you live with those in a vulnerable population, you should reschedule your appointment for when the risk is lower. It is not worth risking your health.

3. Waiver: You will have to sign a COVID-19 Waiver before or when you come in for your appointment, indicating that although all precautionary measures are being taken, you acknowledge the risk of receiving a massage at this time and the possibility of transmission.

4. Wait In Your Car: When you get to the office, please text me that you are here and wait in your car. Waiting in the lobby or in the building is currently not allowed. I will text you back when I am ready for you to enter.

5. Temperature: All clients should take their temperature at home before their appointment, and if they have a fever, they should immediately reschedule their appointment for a later date. You will also have your temperature taken upon arrival with a touchless, infrared thermometer. If you have a temperature of 100.4 degrees or higher, your appointment will be cancelled.

6. Masks: Please put on your mask before entering the building. You must keep the mask on throughout your massage therapy session and the entire time you spend in the building. If you do not have a mask, one will be provided for you. I will be required to wear proper protective gear, including a mask and goggles or face shield.

7. Hygiene/Hand Washing: Prior to entering the massage room, you will be required to thoroughly wash your hands. There is also hand sanitizer available throughout the building and in my office. As always, I will be washing my hands prior to beginning your massage and then again after completing your massage. I will also be changing my apron and shirt between each massage session.

8. Cleaning: Table, bolster, face rest and face rest frame will be sanitized after every client. The disinfectant will be approved by the EPA. All surfaces will be cleaned in the room in between clients. This includes oil bottles/jars, doorknobs, light switches, BioMat controller, tables and chairs. All linens on the table (fitted, flat, blanket, and face rest) will be properly laundered with hot water and dried with high heat. After use, sheets will be stored in a plastic lined container.

9. My Schedule: Due to the additional time required to clean and disinfect the office, changing sheets and clothing between sessions, disinfecting the massage table, cleaning goggles/face shield, etc., my schedule will be limited and online scheduling is currently disabled. For each massage session, I will need to budget an hour between sessions to allow for thorough cleaning and disinfecting. Please be patient with scheduling, as these processes cannot be hurried.

10. Changes: There are some things that will be different in your massage experience. Some of these changes are: **a.** Windows opened whenever possible. I have a very small office space, so it is necessary to allow for ventilation. **b.** Air purifier will be running throughout the massage session to help filter the air. **c.** Face Massage: Unfortunately, for the time being, I will not be able to massage the face. **d.** Because talking is more difficult while wearing PPE and also contributes to an increase in droplets in the air, conversation not related to the actual massage is discouraged. **e.** Prices: My rates have slightly increased due to the increase in cost to deliver a quality and safe massage. To compensate for the increase, I have added a BioMat infrared mat to my massage table. Read about the benefits of the BioMat on my website at amydmaurolmt.com.

10. Special Note: It has been highly recommended with all the new guidelines that if you are over the age of 65, in a vulnerable population, or live with someone in those categories, you should forgo massage therapy while Covid-19 is still present in the community. This is not a requirement, but a strong suggestion from our governing massage board. Please take this into serious consideration. That being said, it is ultimately your decision, but rest assured, I am taking all safety precautions possible should you decide to come in for an appointment.

I know this is a lot to digest, but please understand that this is for both your safety and mine. I look forward to working with you again, whenever you feel ready.

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