



Policy for Preventing the Spread of ALL Contagious Illness

I want to assure all of my clients that they will be receiving the highest level of quality & care possible when working with me & that care includes providing a clean, safe environment within which my clients can receive massage therapy &/or nutritional counseling.

During the time of COVID-19, and as we navigate possible future health concerns, I have created the following rules & guidelines within which I will operate my practice.

Health protocols for individuals:

- **Maintain at least 6 feet separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.**
- **Self-screen before going into a business for any of the following new or worsening signs or symptoms of possible COVID-19:**
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell
 - Diarrhea
 - Feeling feverish or a measured temperature greater than or equal to 100°F
 - Known close contact with a person who is lab confirmed to have COVID-19
- **Wash or disinfect hands upon entering a business and after any interaction with employees, other customers, or items in the business.**
- **Consistent with the actions taken by many individuals across the state, clients MUST wear a cloth face covering (over the nose and mouth) when entering & leaving my office . Remember to also maintain a social distance of 6 ft with a person who is not a member of your household. If social distancing is not available, individuals should consider wearing non-medical grade face masks.**

- **If you tested positive for COVID-19 I ask that you not schedule your massage appointment until you are 3 weeks fully recovered from the virus**
- **If you suspect you had COVID-19 &/or developed symptoms of respiratory infection e.g. cough, sore throat, shortness of breath, fever, but did not get tested for COVID-19 I still ask that you are 3 weeks fully recovered from said condition before scheduling your appointment**
- **If you are currently sick or, believe yourself to be becoming sick PLEASE reschedule & or cancel your appointment with no penalty. However, *should you show up to your appointment ill, you will be politely informed that the appointment will need to be cancelled & you will still be charged for the full cost of the scheduled appointment.***
- **If you believe yourself to be "feeling better," but are still experiencing weakness, dizziness & body aches, PLEASE reschedule & or cancel your appointment with no penalty. However, *should you show up to your appointment complaining of these ailments, you will be politely informed that the appointment will need to be cancelled & you will still be charged for the full cost of the scheduled appointment.***
- **Please make sure that you have completed the FULL course of any prescribed medication before returning for an appointment**

Again, this policy is put in place for ANY/ALL potentially contagious illness. I have put this policy in place to not only protect the health of my clients & their families, but to protect MY health as well.

Should you have any questions regarding this policy or if you should/should not cancel or reschedule an appointment, PLEASE DO NOT HESITATE to call, text or email me at any time!

X _____ Date _____
Signature required