



• Peace • Balance • Health •

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## COVID-19 Protocols

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**Since massage is all about touch, here's how we ensure a healthy environment.**

Whether performing massage in your home, at the office, in a clinic or even outdoors, there are specific health and safety protocols in place to help ensure a “clean” environment for your beloved pets and for you. While many of these protocols existed prior to the COVID-19 pandemic, some subtle adjustments have been put into place to respect the need for continued physical distancing. Below are just a few of the specific techniques used to ensure a healthy massage environment for you and your pets:

1. **Hand Washing:** Washing hands before and after massage treatment sessions is standard practice. However now, when visiting a private home, hands are sterilized in the car prior to walking in your door. Pet parents will need to open doors to ensure clean hands for touching your pet. And if you're not at home, no problem. Everything is wiped down prior to leaving your house.
2. **Clothing changes:** As a teacher at the Rocky Mountain School of Animal Acupressure and Massage (RMSAAM), we continuously stress the importance of clothing changes between massage sessions to help stop any pet-to-pet germ transmission. Today, these clothing changes can help ensure that germs are not transferred from home to home. Shoes, coats and bags are all left by the front door.
3. **Masks:** Wearing a mask is important for all of us. On-site humans that are present during the session should wear masks, and a mask is worn by me during treatment as well. Sometimes however, pets may not be comfortable with me wearing a mask. In that case, while you can still be nearby, it's important to maintain appropriate distance and wear a mask.
4. **Physical distancing:** If the massage is performed in your home, to help ensure everyone's safety, I am the only one touching your pet. And, if your pet is more comfortable with you present, pet parents should keep within a safe distance. I generally like to work on your pet in a designated space. And now that the weather is nicer, entering your home can be skipped, with the option of performing treatment in a cool, shaded area outside.



5. **Office protocol:** I also have an office space at 1699 S Colorado Blvd Denver, where I see patients on a regular basis. Please note that we follow all city, state and government guidelines, including only allowing a specific number of people in at one time, wear appropriate personal protective equipment, clean and disinfect all surfaces before and after each patient and space out sessions for optimal physical distancing. In addition, if a client has concerns about themselves or their pets, I will make every effort to arrange special appointment times when less people are present.
6. **In-Store clinic protocol:** When I am hosting an in-store clinic I follow the store's protocols and guidelines, as well as the government and pet specific protocols listed above. Note, stores may require COVID-19 health information, masks, temperature checks and provide you with hand sanitizer before you enter the store for your pet service.

*FYI: The Center for Disease Control (CDC) has put together a list of questions and answers regarding pets and COVID-19. Click [HERE](https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Animals) for additional information, or copy/paste into a browser: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Animals>*

