

## SAFETY MEASURES FOR RE-OPENING May 2020

Greetings!

We hope you are well, healthy and safe as we navigate together through this time of challenge and uncertainty. We are committed and taking all precautions necessary to present a safe and healthy environment for our clients as well as our staff. Here are the steps we are implementing, and that we are asking you to implement, to minimize the risks of transferring the Covid-19 virus.

### **Upon Arrival**

1. As upsetting as it is to cancel your massage therapy and stretching wellness session, if you are sick or showing symptoms, please call, do not come in, and seek medical help. If your therapist is showing symptoms, we will contact you to not come in. We can reschedule for 14 days later, or when appropriate.
2. Please wear a mask. The therapist and the office staff will also wear a mask. This makes exposure from breathing out less likely. If you do not have your own mask, we are happy to provide you with one.
3. Call when you arrive and a staff will open the doors for you, so you don't have to touch the door handle.
4. All the surfaces that clients and therapists might touch will be cleaned between the sessions.
5. Therapists thoroughly wash hands using the 20-second protocol before greeting you.

### **Before your Session**

1. Feel free to use the restroom. It will be cleaned between clients including all handles, surfaces, and the faucet.
2. You will have the usual check in conversation with your therapist to find out how you have been and to set the goals for the session.
3. When you are ready to transition to table work, the therapist will leave the room to let you get ready in privacy. The therapist will use hand sanitizer or alcohol solution to disinfect his hands before starting to work.
4. The session will proceed as usual, with the exception that both the therapist and you will be wearing masks. When you are face-down on the table, you can remove your mask since you'll be breathing straight down to the floor. Your therapist will keep a mask on the whole time.

## **After your Session**

1. Upon completion of the post-session assessments, the therapist will leave the room so that you can dress.
2. As we move to the front office or to your car, the therapist will open and close all the doors.
3. Remote or touchless methods of payments would be best; however, we can use the credit card swiping system. It will be cleaned after every use. You can already get into your car and hand your card to the therapist for processing.
4. After you depart, we will clean the treatment room and all other areas you and the therapist have touched. We use 70% alcohol solution for most surfaces, definitely all door handles, and CDC approved disinfectants. If you are interested, we are happy to share our office cleaning protocol.