

COVID-19 Regulations for Mobile Service

In accordance with the Health Protection Act Order, public health directives and Massage Therapy Association of NS (MTANS), **you can expect the following:**

- The Massage therapist follows all protocols and materials being used for treatment are cleaned and sanitized before each individual client visit
- Massage therapist will be self screening daily and will cancel appointment, if necessary
- Massage therapist will be wearing a face mask for the duration of the client's appointment and will wash hands upon arrival

For your massage treatment appointment, clients will be required to:

- Wear a face mask for the duration of your appointment time, unless directed otherwise by the massage therapist
If this is a concern due to a health condition, please discuss other options available with the massage therapist, prior to booking your appointment
- Others in the household present during treatment will be asked to practice physical distancing of 2 metres (or 6 feet) from the massage therapist
- Prescreening will be done before your scheduled appointment to ensure you (and others in your household) are feeling well and can answer "no" to the following 4 screening questions
- Visits inside your residence can only occur if everyone is feeling well as noted above

- 1. Have you tested positive for COVID-19 that you have not fully recovered from?**
- 2. Are you experiencing any of the following symptoms that are not related to a known or pre-existing condition, or that are known but changed, or worsened? -> fever (chills/sweats), cough or worsening of a previous cough, sore throat, headache, shortness of breath, muscle aches, sneezing, nasal congestion/runny nose, hoarse voice, diarrhea, unusual fatigue, loss of sense of smell or taste, OR red, purple or blueish lesions on the feet, toes or fingers without clear cause**
- 3. Have you travelled outside of NS within the last 14 days?**
- 4. Have you had unprotected close contact with individuals who have a confirmed or presumptive diagnosis of COVID-19 (ie: individuals exposed without appropriate PPE in use)?**

- The above screening will be asked before booking your appointments, during appointment reminders and at the time of your scheduled appointment before entering the residence

If you answer yes to any of these 4 questions, I will not be permitted to attend your appointment. You will be asked to use the 811 on-line self-assessment at <http://811/novascotia.ca> and follow their recommendations. Your appointment may be rescheduled for a time when you (or others) are asymptomatic.

If you answer no to all 4 questions we will be able to proceed with your scheduled treatment.

During your appointment:

- It will be documented that you (and others in attendance) have cleared the prescreening for treatment
- Practicing physical distancing of 2 metres (or 6 feet) will be followed where possible
- Clients will be asked to wear face mask and wash their hands before treatment
- Massage therapist will be provided with area (sink, soap and water) to wash hands and equipment when necessary
- Where social distancing cannot reasonably be maintained **for massage treatments, it will be required for both the client and therapist to wear masks for the duration of the appointment.**