**COVID-19 Regulations**

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

* Detailed cleaning and sanitization before each individual client visit
* Massage therapist will be self screening daily and cancel appointments if necessary
* Guidelines are being monitored for all clients receiving massage treatment
* Appointments are spaced to allow for proper sanitization and without interaction of other client’s arrival
* Massage therapist will be wearing a face mask for the duration of the client’s appointment

**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

* Prescreening will be done before your scheduled appointment to ensure you are feeling well and can answer “no” to the following 4 screening questions

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| 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)**?**
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* The above screening will be asked before booking your appointments, during appointment reminders and at the time of your scheduled appointment before entering the clinic

**If you answer yes** to any of these 4 questions, you 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 are asymptomatic.

**If you answer no to all 4 questions** you will be able to proceed with your scheduled treatment. During your appointment:

* It will be documented that you have cleared the prescreening for treatment
* Practicing physical distancing of 2 metres (or 6 feet) will be followed where possible
* Clients will be guided to wearing face mask and washing their hands upon entering
* 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**.