

COVID-19 BUSINESS SPECIFIC HEALTH AND SAFETY FORM  
THERAPEUTIC SERVICES

Beyond the Bone Bodywork, Paula Ondov, CMT

206 No. Pine St.

Ukiah, CA 95482

Approximate square footage: of the whole building - 2200 sq ft  
of the offices within my entrance - 1500 sq ft  
of my specific room - 150 sq ft

Business hours: Tuesdays through Fridays

- hours vary depending on scheduled clients but usually no earlier than 10:00 am or later than 6:00 pm

I have a private practice in a building that is shared by 6 other practitioners. I do not share my room.

1. Signage (posted on the front door):

By Appointment Only

PLEASE DO NOT ENTER IF YOU

1. feel sick with flu-like symptom such as cough, fever, chills or sore throat
2. Have a new pattern of shortness of breath or difficulty breathing
3. Have a new loss of taste or smell or smell

Contact your therapist or practitioner if you have any of the above.

Put on mask before entering

6 feet social distancing in common areas of the building

2. PPE provisions for clients:

They will be wearing their own mask upon entering the building. If they do not have a mask, I will provide them with a disposable one.

3. Disinfecting and cleaning of common areas in the building

Each practitioner is responsible for cleaning doorknobs, hand rails, light switches and bathrooms in the common area after their client comes or goes from the building

I use a 70% alcohol, 30% aloe juice solution with/without a few drops of an anti-viral essential oil. I wipe down any of the above surfaces immediately after being touched.

4. Protecting employees - N/A - self employed

## 5. Protecting health of clients and self

I am self screening at home, including temperature and symptom checks using CDC guidelines.

I'm screening each client prior to their session. If I have any reason to suspect that the client is not completely healthy, I will postpone/reschedule the session. These are my screening questions:

Have you been asked to self-isolate or quarantine by a doctor or a local public health official in the last 14 days?

Have you had close contact with or cared for someone diagnosed with covid or exhibiting symptoms within the last 14 days, within or outside your household?

Have you been out of the county within the last 2 weeks?

Are you experiencing any of the following as A NEW PATTERN:

Fever, chills, cough, sore throat, diarrhea, loss of sense of taste or smell, shortness of breath or difficulty breathing, rash or skin lesions (especially on the feet)

Have you been to any kind of group activity larger than 10 people within the last 14 days? ie - a church? A protest? A party?

Have you been tested? If yes, when? What were the results?

I have a non-contact thermometer to take each client's temperature upon arrival.

There is hand sanitizer on the desk available for them to use.

I have an ionic air purifier (Air Oasis) that helps kill viruses on surfaces and in the air. It will be running throughout the day and overnight (except weekends when I will not be working).

I have a diffuser that I will periodically run using anti-viral essential oils.

I will be wiping down all hard surfaces that the client or myself have touched after each client leaves.

Face masks/coverings will be used by both parties throughout the session.

I will be wearing a clean, fresh face mask and apron/smock with each client.

Each client will have clean sheets and face cradle cover on the table.

I will be washing my hands immediately before and after our session.

6. Prevent crowds – clients are waiting outside in their cars and individually escorted in when it's time for their session. There are only a few practitioners in the building, so this really isn't an issue.

7. Enforcing physical distancing - again, this really isn't an issue in the common area as I am escorting a single client to my room. Within the room, there is basically no physical distancing due to the nature of my business – massage.

8. Payment methods – if a client pays with check or cash, I have a basket/jar for them to put it in and am requesting they bring exact change if bringing cash. If they do not have exact change, I will use bills I have brought from home to give as change. There is no coin involved. I do use Square for credit card payments where they would insert their card and pull it out. There is no need for them to touch the device or for me to handle their credit card .