Signs on door. Face mask and social distancing required before entering.

Mask will be worn by all workers and clients. Hand washing and temperatures will be taken for all clients and therapist when entering.

Include COVID-19-related questions on your Health Intake form:

* Have you had a fever in the last 24 hours of 100°F or above?
* Do you now, or have you recently had, any respiratory or flu symptoms, sore throat, or shortness of breath?
* Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID19 or has coronavirus-type symptoms?

# Practitioner Sanitation Protocols

* Upon leaving the treatment room, immediately undergo your handwashing protocol while the client dresses. Do not touch or adjust your face covering. Wash hands thoroughly, up to the elbows.
* Do not remove your face mask until you have taken payment for services and the client has left. If you must handle cash, check, or credit cards, do so using a pair of disposable gloves. Once the client leaves, dispose of the gloves, and remove your uniform shirt or apron, folding it in on itself and keeping the soiled surfaces inside. Place in a lidded container for daily laundry removal and wash hands before next removing your face mask carefully for additional uses. Finally, redress in a clean shirt.
* Hand hygiene after removing PPE or clothing is particularly important to remove any pathogens that might have been transferred to bare hands during the removal process. If hands are visibly soiled, use soap and water before applying alcoholbased hand sanitizer. For the removal of masks, the CDC says you must wash your hands both before and after removal. [(See more PPE guidelines in blog post)](https://www.abmp.com/updates/blog-posts/use-personal-protective-equipment-ppe-massage-therapists)
* Begin room sanitation.
* Hand hygiene after removing PPE or clothing is particularly important to remove any pathogens that might have been transferred to bare hands during the removal process. If hands are visibly soiled, use soap and water before applying alcoholbased hand sanitizer. For the removal of masks, the CDC says you must wash your hands both before and after removal. (See more PPE guidelines in blog post)
* Begin room sanitation.

•

* Practitioner Sanitation Protocols
* Upon leaving the treatment room, immediately undergo your handwashing protocol while the client dresses. Do not touch or adjust your face covering. Wash hands thoroughly, up to the elbows, using WHO guidelines for best practices.
* Do not remove your face mask until you’ve taken payment for services and the client has left. If you must handle cash, check, or credit cards, do so using a pair of disposable gloves. Once the client leaves, dispose of the gloves, and remove your uniform shirt or apron, folding it in on itself and keeping the soiled surfaces inside. Place in a lidded container for daily laundry removal and wash hands before next removing your face mask carefully for additional uses. Finally, redress in a clean shirt.
* Hand hygiene after removing PPE or clothing is particularly important to remove any pathogens that might have been transferred to bare hands during the removal process. If hands are visibly soiled, use soap and water before applying alcoholbased hand sanitizer. For the removal of masks, the CDC says you must wash your hands both before and after removal. (See more PPE guidelines in blog post)
* Begin room sanitation.

# Clean

* Do a deep clean of all spaces. Use [EPA-approved cleaning products](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2) and protocols on all surfaces in your space, top to bottom. Follow the disinfectant contact time, per the product manufacturer. Establish a cleaning schedule for a bathroom in a clinic setting (for example, every 20–30 minutes) and in a sole practitioner setting (wipe down bathroom surfaces after every client visit).
* Wash all linens, rugs, blankets, and curtains thoroughly and clean any holding receptacles for dirty laundry. We use a laundry service to wash all lines. As customary, ensure you have a secure and covered way to store fresh linens and a separate lidded and lined receptacle for dirty linens.
* Clean bolsters, tables, chairs, and stools as directed by the CDC and product manufacturer. Certain porous materials can start to break down with repeated chemical disinfectant use.
* Clean light fixtures and switches; doorknobs, doors, and door frames. Clean floors thoroughly.
* We are an appointment only business. Clients and therapist will be the only one in studio. We are booking appointments 30 minutes apart, so we can sanitize and avoid other clients in office.

We take cash and are telling clients that we do not have change. No credit cards will be taken at this point.

* •

•

•