

## **COVID-19 UPDATE AND PROTOCOL**

Hello and Welcome! As I reopen my practice while the country is still amid this pandemic, here are the new Protocols I have now put into place to keep you, myself, and our community safe. These guidelines are in accordance with the CDC, and the Massage Regulatory Board.

1. All Clients are required to have had a recent COVID-19 Test before scheduling an appointment. I will need proof of date and results.
2. Before your scheduled appointment you will be required to fill out all COVID related Forms and bring them with you on the day of your appointment.
3. Please wash hands before entering the office or use hand sanitizer.
4. All clients will receive a Temperature Check before entering.
5. All clients are required to wear a face mask or face covering before entering.
6. Face coverings must remain on throughout your session and upon leaving. If you experience any difficulty with the face mask on while in the prone position, we can discuss other options.
7. All Clients will be directed as to where to place their clothing when they disrobe.
8. During sessions only minimal in-session conversation will take place.
9. When your session is over, please use the hand sanitizer before exiting.

\*After each session, the room will be thoroughly sanitized in readiness for the next client.

Please note, that my temperature will also be checked before each client's appointment time. \*And I will also have proof of my current COVID-19 Test displayed in my office.

I thank all of you in advance for your patience and complying with these new guidelines. I look forward to serving you.