
Covid Protocol Client Notice



2005 Rock Spring Rd, Suite #3, Forest Hill, MD 21050

To best protect your health and the health of others, please fill out this form before each massage and bodywork session during this pandemic. Thank you!

Dear CLIENT, PLEASE KEEP THIS FOR YOUR RECORDS

I hope this finds you and your family in good health. While many things have changed, one thing has remained the same: my commitment to your safety and health. By its very nature, massage and bodywork requires skin-to-skin contact and you should be familiar with the fact that infection control has always been a top priority for my practice. As we navigate life with additional requirements and modify existing measures due to the coronavirus, please help me to support all of my clients by cooperating with some new requirements. My practice follows Practice Guidelines recommended by the Federation of State Massage Therapy Boards (FSMTB), along with infection control recommendations made by the U.S. Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA).

You may see some changes when it is time for your next appointment. I made these changes to help protect my clients and myself. For example:

- I will communicate with you beforehand to obtain updates to your health information and ask you specifically about your potential exposure to COVID-19.
- If you have traveled outside of Maryland, please wait 2 weeks before coming into the studio for bodywork (This can also be dependent on where you traveled to and by what form of transportation). In some cases, I will not see clients before the 2 week period is up.
- When you arrive at the office, I'll ask that you wait in your vehicle until I text/ call you to come in. Please text me when you arrive.
- I will greet you at the door and use a no touch thermal temperature screening to confirm that you don't have a fever over 100.4.
- I'll ask you if you have developed any symptoms of illness since we spoke on the phone. Massage is not advised if you have any symptoms of illness.
- You will need to complete the mandatory COVID CANCELLATION POLICY in order to receive treatments of any kind. A 50%/ \$50 deposit is required to hold the spot & the information is found in the initial email I have given you when scheduling this appointment, further down on this notice as well as all the guidelines are described in the cancellation form.
- Please bring a face mask to use while you are in the building, and during your massage and please dispose any medical gloves you may be wearing upon arrival in the studio.

• This packet is essential and mandatory and I am not able to work on anyone without it being filled out and signed. By signing this form, I acknowledge that I am aware of the risks involved and give consent to receive massage from this practitioner.”

• There is a hand-hygiene protocol, and I will ask you to use sanitizer upon entering the studio and then to wash your hands prior to treatment. You will find hand sanitizer in the reception area and other places throughout the studio for your convenience.

• Lastly, I will follow up with you after 2 weeks (by an automatic generated email) to ensure that you have not encountered any signs or symptoms that pertain to COVID-19, and should you have obtained any of such, It is my responsibility to contact the local health department for guidance for myself and suggest you do the same.

I look forward to seeing you again and am happy to answer any questions you may have about the steps I take to keep you, and every client, safe in my practice. Thank you for trusting me with your massage & bodywork needs. I value your trust and loyalty and look forward to welcoming you to a safe, therapeutic touch environment.

Thankfully, Your Massage Therapist

*****The Client Notice above is for you to retain for your records, and it does not need to be sent back.**

*****Please complete the following mandatory Intake, Informed Consent form, and Covid- Cancellation Policy & Protocol and return it 3-4 days prior to your scheduled appointment*****