



### **Preparing for and during your session**

- If you have any symptoms, such as cough, fever, respiratory or flu symptoms, sore throat or shortness of breath, please reschedule.
- If someone in your family is sick, please stay home.
- If you, or anyone in your family, have been in contact with someone that has these symptoms, now or in the past 14 days, please reschedule.
- Please take your temperature before leaving for your appointment.
- For my safety, please wear a mask and have it on when you arrive.
- Please be on time.
- Pre & post session checkin/out will be in the massage room. When you arrive, please head straight into the massage room, use the hand sanitizer provided and be seated.
- Unless arrangements have been made ahead of time, please do not bring other people with you.

### **Preparing the office for your safety**

- Items have been removed from the massage room to make for a safer environment.
- Hand sanitizer is available.
- For your safety, I will wear a mask and change my clothing between each session.
- Before and after each session, EPA certified disinfectants are used on the massage table and bolsters, all surfaces, knobs, chairs, and in the bathroom. A HEPA filter will be in use.
- All table linens and bathroom towels are washed after each client.
- Additional time has been scheduled between clients to reduce overlap and allow for more turnover time.
- I will monitor my temperature throughout the day, and will cancel if presenting any symptoms.

