

ELEVATED Massage + Bodywork – Policies and Protocols

Policies

Clients are required to wear face masks upon arrival and during appointments. Hand sanitizer will be provided and use is encouraged.

Pre-screening questions will be sent one day prior to scheduled services. Clients who display signs of COVID-19 are asked to reschedule their appointment for at least 14 days out.

In addition, clients are asked to reschedule for a later date if any of the following apply:

- Tested positive for COVID-19
- Knowingly been exposed to someone with COVID-19
- Recently traveled to an area with a high infection rate
- Been in an area where social distancing was not properly observed
- Been to a nursing home

To reduce transmission, conversation will be focused on health, symptoms, and treatment. No handshakes or hugs will be exchanged.

Clients in elevated at-risk categories consider postponing appointments. For more information on determining high-risk criteria, please visit the CDC website - <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>

If client shows any apparent COVID-19 symptoms or has a positive diagnosis post treatment, this should be communicated.

Questions or concerns? Please email adriennerlind@gmail.com.

Protocols to ensure client and therapist safety:

- Therapist will self-screen for symptoms of COVID-19 daily.
- Therapist will wear a new mask and top for each service.
- Turnover time between appointments has been increased to ensure proper cleaning and sanitation.
- Treatment room and all high-touch surfaces throughout the office will be disinfected between services with EPA-approved products.
- High-touch surfaces which cannot be properly cleaned and sanitized have been removed or replaced.
- The treatment room is equipped with a portable air purifier with an HEPA filter.