

COVID-19 Massage Therapy Clinic Changes

COVID-19 is an infectious disease caused by a newly discovered coronavirus. It is mainly transmitted through droplets when an infected person sneezes, coughs, or exhales. You can be infected by breathing in droplets when within close proximity to someone infected or by touching an infected surface and then touching your eyes, nose, or mouth.

This pandemic requires a lot of changes to be made for the safety of the clients and RMTs in the setting of a massage therapy clinic. To return to work safely the following measures, described below, have been put in place: pre-screening, physical distancing, personal protective equipment, and extra sanitation.

1. Pre-screening

Minimizing the risk of transmission starts with preventing anyone who is sick from coming in for massage therapy in the first place.

- Please do not make a massage appointment if you are experiencing symptoms of COVID-19 including: fever, cough, chills, shortness of breath, sore throat, or loss of sense of smell. Please see <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms> for a complete list of possible symptoms. If you are experiencing any of these symptoms, and have not been tested, please call the nurses hotline (8-1-1).
- Please do not make a massage appointment if you have travelled outside of British Columbia within the last 14 days
- The day before coming in you will receive a call from the RMT who will ask you to complete the COVID health survey: <https://bc.thrive.health/covid19/en>
- The RMT will be maintaining a personal health log and completing the COVID-19 health survey daily as well. If the RMT is feeling unwell all appointments will be cancelled.
- If you are unsure at all about whether you may be sick please cancel your appointment. The cancellation policy will be relaxed to accommodate any changes in health.

2. Physical distancing

Transmission occurs easiest through close contact with people so maintaining distance from others whenever possible is imperative. The nature of massage therapy does not allow for 2 meters of distance within the treatment room but distancing measures will be maintained in every opportunity possible.

- Patient appointment times will be spaced out to prevent two clients in the clinic at the same time. If you arrive early and see another person's car in the parking lot please wait in your car.
- People must arrive unaccompanied unless the patient is a minor who requires a parent or guardian or if the client requires another form of assistance.

3. Personal Protective Equipment

Personal protective equipment creates an extra barrier between you and your surroundings. Masks cover the mouth and nose to contain expelled droplets from those that are sick. They can also prevent the mouth and nose from being touched by infected hands of those who are not sick.

- If you have a mask at home please bring it with you. Be wearing it when you arrive.
- If you do not have a mask, they will be available at the clinic for use by the client and RMT. Hands must be washed before putting the mask on and before taking it off.
- The RMT will use a cloth to open and close all doors for the client when possible to prevent anyone from touching any handles within the clinic.
- Tissues will be available in every room of the clinic to cough or sneeze into, or to scratch an itch if necessary.

4. Extra Sanitation

- Clients must wash their hands when arriving and again after the treatment is done. Hand sanitizer will also be provided.
- All door handles, bathroom surfaces, lightswitches, and other high touch surfaces will be cleaned between each client.
- All linens must be single use therefore no blankets or heating pads will be used.

Upon arrival for a treatment a quick health survey must be completed including: screening for any symptoms, travel outside of British Columbia, and any other possible exposure opportunities.

A new COVID-19 specific consent form for all clients must be completed at the first visit to the clinic since reopening.

Before making an appointment for massage therapy please take time to consider the risks of COVID-19 and whether the risks outweigh the benefits of massage. Although precautions will be taken to decrease the possibility of transmission, the risk can never be minimized to zero.