



COVID 19 Preparedness Plan

1. Every client will need to fill out a COVID-19 health screening and consent to treatment form prior to your appointment. (I will email this the morning of your appointment. Or you can find it on my website on the Forms Page)
2. I ask that you monitor your temperature before coming to your appointment. If you have had a fever above 100°F on the last two weeks, I will ask that you reschedule your appointment after you have had a COVID test. I will also take your temperature when you arrive for your appointment and record that on the COVID health screening and consent form.
3. **Masks are required** for treatment for both therapist and client. Please wear a mask when you arrive for your appointment. You may take it off while we do prone (face down) work as I will have a cloth shield on the face cradle. You must wear a face mask while we do supine (face up) work. For those of you that I do facial/jaw work, this will be done through the mask.
4. Upon arrival for your appointment, I will ask that you wash your hands before treatment. I have always done this and will continue to do this.
5. Every client will receive new sheets AND blankets for their massage.
6. I will be allowing more time between appointments in order to sanitize all touched surfaces. I will only allow one client in my office at a time. Text me when you arrive for your appointment and I will let you know when I am ready for you to enter the office.
7. I will sanitize the bathroom after each use and you are welcome to use it. But if you are able to use the restroom before you come to your appointment, that will reduce the exposure and amount of cleaning I need to do between clients.
8. If possible, I ask that clients try to pay with Venmo, which is the electronic form of payment that I am set up to accept. If not, cash or check is acceptable.
9. I will provide hand sanitizer for you as you leave my office.