

Laurie Swanson, LMT

Covid-19 Exposure Control, Mitigation & Recovery Plan

*****Covid-19 Safety, Sanitation & General Procedures-Please Read & Sign*****

Additional Client Screening

I'm implementing Covid-19 health and contact questions + temperature check (reschedule if temp. over 100 degrees).

Monitoring My Health

I am fully vaccinated, as well as my husband. We are continuing to follow CDC & WA DOH mask and social distancing guidelines.

I will check my temperature daily, and monitor myself for Covid-19 symptoms. If I develop a fever or symptoms of illness, I will cancel all sessions, isolate and seek testing so I can be cleared of infection and return to work. If I am diagnosed with Covid-19, I will cancel all sessions and disclose all close contacts within the exposure window to the Health Dept. for contact tracing. I will then be closed until I am considered healthy again (following current WA DOH & CDC guidelines) and my office will be thoroughly cleaned and disinfected.

Vaccination

I am only seeing fully vaccinated clients at this time (those with a medical reason to be unvaccinated considered on a case-by-case basis). Please bring your vaccine card (or a photo/copy) so I can record the date in case questions come up in the future regarding variants, boosters, etc.

Masks

Masks are still currently required in all healthcare settings in WA, regardless of vaccination status. LMT's are licensed healthcare providers, and anywhere we practice is a healthcare setting. You may wear any type of facial covering. Here is an article about breathable masks you may want to try: <https://www.cnn.com/2020/10/21/cnn-underscored/best-breathable-face-mask/index.html?iid=CNNUnderscoredHPcontainermobileweb>. If you still have trouble breathing face down in the cradle in a mask, please let me know so we can figure out a way for you to be comfortable. If you need face/jaw work, your mask can be temporarily removed for medical necessity.

Gloves

LMT's in WA are always required to wear gloves if either the therapist or the client have broken skin or contagious skin conditions in areas that will be touched. There is currently no additional, specific to Covid-19, recommendation or requirement for gloves during massage, so I am making this optional. Some therapists and clients feel more protected with gloves and feel they do not interfere with massage, but some will feel they are unnecessary and prefer the feeling of skin-on-skin. As of now, I am completely happy to work either way, and leave it to the client's choice.

Office Setup

There are plastic bins for your shoes, clothes and personal items, which will be disinfected after each client. As always, there will be clean linens on the table and face cradle. There will also be clean sheets and/or towels on the chairs, and a towel on the carpet area for clients to use when walking

barefoot to the table, which will be laundered after each client. For now, please bring your own water or use the drinking fountain in the hallway.

Ventilation

I am increasing air exchange and filtration. At a minimum, I will have a small Hepa filter in my front room, a larger capacity one with better filtration in the treatment room (<https://www.blueair.com/us/air-purifiers/blue-pure-211-plus/1695.html>), and a fan sending air from the front room toward the treatment room. The Blueair 211+ is rated to exchange the air in a room approximately double the size of mine 5x/hour. I will also open windows to air out the room between clients.

Personal Hygiene

As always, I wash my hands and forearms before and after each client, and use hand sanitizer as needed during a session. I will also be wearing an apron over my clothes, and use a clean one for each client.

Sanitation of Items/Surfaces (EPA Registered Disinfectants)

After Each Session:

Hands Washed

Open Windows/Turn Up Fan(s)/Hepa Filters

Remove Sheets/Towels from Furniture & Floor

Remove Sheets from Massage Table

Disinfect

Table Surface, Face Cradle, Bolsters/Pillows

Oil/Lotion Bottles

Tabletops/Desk

Plastic Bins for Client's Items

Stools

Cell Phone, Pens

Thermometer

Door handles

Anything Else That is Touched

Remove PPE (Gloves if using, Apron, Hand Hygiene, Safety Glasses, Mask, Hand Hygiene)

Disinfect Client's & My Safety Glasses, if Applicable

Hands Washed

Fresh PPE (Hand Hygiene, Apron, Mask, Safety Glasses, Gloves if using)

Fresh Sheets & Furniture/Floor Coverings

End of Each Day:

Vacuum (with Mask on)

Payments

To minimize contact (as well as processing fees), payment with **Zelle online bank transfer** (you can just make a transfer using my email laurie@laurieswansonlmp.com), **Venmo** (to Laurie-Swanson-1), **or check is preferred**. Most banks are connected through the Zelle network.. If none of those work for you, please let me know. Thank you.

Covid Fee

Due to increased costs for PPE/supplies and increased time required for cleaning/ventilation, there will be an additional \$20 fee per session. So, the rate for a 60 min. massage is \$115 + \$20 = \$135. 90 mins. is \$145 + 20 = \$165. The PPE charge will be waived for current packages. If this is a hardship for you, please let me know.

Cancellation Policy

Please reschedule with NO FEE if there is any question about the health of yourself or your family. I do appreciate as much notice as possible.

I have read and acknowledge the above information and protocols related to safety, sanitation and general procedures during Covid-19.

Client Name: _____

Client Signature: _____

Date: _____