

# Alive and Well Therapeutic Massage COVID-19 Screening Questions Aug 2023

## Do you currently have any of the following symptoms?

- |  |   |
|--|---|
| <input type="checkbox"/> Fever or feeling feverish       | <input type="checkbox"/> Nasal/sinus congestion                             |
| <input type="checkbox"/> Chills                          | <input type="checkbox"/> Shortness of breath                                |
| <input type="checkbox"/> Cough                           | <input type="checkbox"/> Unusual fatigue                                    |
| <input type="checkbox"/> Sore throat                     | <input type="checkbox"/> Muscle aches                                       |
| <input type="checkbox"/> Diarrhea, digestive upset       | <input type="checkbox"/> Headache   |
| <input type="checkbox"/> Loss of sense of smell or taste | <input type="checkbox"/> Rash or skin lesions (especially on hands or feet) |

## Which COVID-19 vaccine have you received and how many doses, including “boosters”?

- Pfizer \_\_\_\_\_  Moderna \_\_\_\_\_  J & J: \_\_\_\_\_  I have not yet been vaccinated.

## In the last two weeks, have you or anyone in your household:

- Had any of the above symptoms or tested positive for COVID-19? ±
- Been exposed to someone who has any of the above symptoms or has tested positive for COVID-19? ±
- Attended an event with large groups of people in close contact for long periods of time? \*
- Traveled using mass transit (planes, trains, busses)? \*
- Been in places with high COVID-19 infection rates? \*
- Worked at a job requiring close person-to-person interaction of > 15 minutes without face coverings? \*

± Session will be rescheduled. \* Information will be gathered to determine possible rescheduling or mask requirement.

## You are encouraged to postpone massage due to increased risk if

you or someone with whom you are frequently in contact have any of the following conditions shown to put people at higher risk for more severe illness from COVID-19, particularly if not vaccinated:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 65 years of age or older  | <input type="checkbox"/> Compromised or suppressed immunity               | <input type="checkbox"/> Diabetes               |
| <input type="checkbox"/> Chronic lung disease      | <input type="checkbox"/> Severe obesity (body mass index or 40 or higher) | <input type="checkbox"/> Chronic kidney disease |
| <input type="checkbox"/> Moderate to severe asthma |   | <input type="checkbox"/> Liver disease          |
| <input type="checkbox"/> Heart condition           |   |   |

## By signing below, I declare that:

- ✓ The information provided above is true and accurate to the best of my knowledge.
- ✓ I understand that close contact with people increases the risk of infection from COVID-19. I acknowledge that I am aware of the risks and give consent to receive massage from Jean Dehmer.
- ✓ I understand that despite HIPPA laws, my name and contact information might be shared with the state health department in the event that a client or practitioner at this facility tests positive for COVID-19. Contact details will only be shared in the event they are relevant based on suspected exposure date for appropriate follow-up by the health department, and only name and contact information will be shared.
- ✓ I have read and understand the Alive and Well COVID-19 Policies and Procedures document.

\_\_\_\_\_  
Printed name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Alive and Well Therapeutic Massage COVID-19 Policies and Protocols

## **Policies** (*\*\* Note that stricken protocols may be reintroduced if the COVID situation changes.*)

- Pre-screening questions will be asked via e-mail one-day before each appointment. Clients may print and complete ahead of time or-complete a copy available at the appointment.
- Clients with the following circumstances will be asked to reschedule to protect other clients and practitioner:
  - current symptoms of possible COVID-19
  - in the last two weeks had symptoms of or tested positive for COVID-19 or been in contact with anyone who has had symptoms of or tested positive for COVID-19
  - Been in a situation that puts them at increased risk of having been exposed to COVID-19
- ~~Clients who have not been vaccinated will be asked to reschedule after they are fully vaccinated.\*\*~~
- For their protection, clients with any conditions which put them at greater risk of severe COVID-19 symptoms (such as age or health conditions) or who are in frequent close contact with others at greater risk of severe COVID-19 symptoms are encouraged to postpone massage services.
- **Any client who develops symptoms of COVID-19 within 14 days after treatment is required to notify the therapist immediately** to prevent endangering other clients.
- Therapist will self-screen for COVID-19 symptoms daily. If symptoms are present, upcoming appointments will be cancelled and therapist will be tested for COVID-19. If test is positive, appointments for the following 14 days will be cancelled, and all clients who received massages in the previous 14 days will be notified. Clients will also be notified if therapist will be in any situations of higher possible risk for exposure to COVID-19 and be given the choice to reschedule.

**Protocols:** There is no method to completely remove the risk of person-to-person spread of COVID-19 in a massage setting. The following are in place to reduce the risk as much as possible.

- Sessions delivered with client prone (face-down) unless specific face up work is required.
- Practitioner will be masked at all times in treatment room.
- Client mask is required for face-up work, and optional for face down work. Masks will be provided.
- ~~Conversation during session focused on necessary comments about the treatment work.~~
- Air purifier with Hyper-HEPA filter operating during each session.
- Pre-session intake done via cell phone or outdoors if desired.
- Hand sanitizer is provided in treatment room and use is encouraged.
- Maximum session length is 60 minutes.
- Treatment room surfaces disinfected after each session with EPA-approved products.
- Time scheduled between sessions for cleaning and ventilation.
- Massage table linens individually packaged for each client.