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NEW PRACTICES AND POLICIES

I hope this finds you and your family well and in good health. While many things have changed lately, one thing has remained the same: my commitment to your safety and health.

By its very nature, massage and bodywork requires skin-to-skin contact and social distancing is not possible. Infection control has always been a top priority for my practice, and I will be extra diligent about maintaining and beefing up measures to improve cleanliness and disinfection in my massage areas.

I am following practice guidelines recommended by the Federation of State Massage Boards (FSMTB), along with infection control recommendations from the US Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA).

You may notice some changes when it's time for your next appointment. I have made these changes to help protect my clients and myself. For example:

- I will communicate with you beforehand to obtain updates to your health information and ask you specifically about your potential exposure to COVID-19.
- If you feel ill or show symptoms on the day of your session, please stay home and inform me as soon as possible. There will be no charges for these cancelations.
- I will ask you to sign a statement of informed consent which reads: *"I understand that close contact with people increases the risk of infection from COVID-19. By signing this form, I acknowledge that I am aware of the risks involved and give consent to receive massage from this practitioner"*.
- I will ask you to wash your hands with soap and water upon arrival, and to use hand sanitizer before you leave.
- Please bring a face mask. The MD Department of Health now requires that both the practitioner and the client wear a mask throughout our contact, including during your massage.

These additional requirements and modifications to our behavior due to COVID-19 can seem daunting and inconvenient for all of us. Our mutual cooperation with these new conditions and measures will help keep us all safe and supported.