

# TREE OF LIFE THERAPEUTIC MASSAGE - COVID 19 RESPONSE PLAN

**CDC Infection Prevention Measures** All employers should implement good hygiene and infection control practices, including:

- Frequent and thorough hand washing, including by providing workers, customers, and worksite visitors with a place to wash their hands. If soap and running water are not immediately available, provide alcohol-based hand rubs containing at least 60% alcohol.
- Employees should stay home when sick. -
- Practice respiratory etiquette, including covering coughs and sneezes. Cough or sneeze into your elbow.

## **Important Reminders about Coronaviruses and Reducing the Risk of**

**Exposure:** Coronaviruses on surfaces and objects naturally die within hours to days. Warmer temperatures and exposure to sunlight will reduce the time the virus survives on surfaces and objects.

- Normal routine cleaning with soap and water removes germs and dirt from surfaces. It lowers the risk of spreading COVID-19 infection.
- Disinfectants kill germs on surfaces. By killing germs on a surface after cleaning, you can further lower the risk of spreading infection. EPA-approved disinfectants are an important part of reducing the risk of exposure to COVID-19.
- If disinfectants on this list are in short supply, alternative disinfectants can be used (for example, 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions).
- Store and use disinfectants in a responsible and appropriate manner according to the label. Do not mix bleach or other cleaning and disinfection products together—this can cause fumes that may be very dangerous to breathe in.
- Practice social distancing, wear facial coverings, and follow proper prevention hygiene, such as washing your hands frequently and using alcohol-based (at least 60% alcohol) hand sanitizer when soap and water are not available.
- Some surfaces only need to be cleaned with soap and water. For example, surfaces and objects that are not frequently touched should be cleaned and do not require additional disinfection.

Examples of frequently touched surfaces and objects that will need routine disinfection following reopening are: tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

## **Occupational Safety and Health guidelines**

- Provide customers and the public with tissues and trash receptacles.
- Increase the physical distance among employees and between employees and others if state and local health authorities recommend the use of social distancing strategies.
- Discourage workers from using other workers' phones, desks, offices, or other work tools and equipment, when possible. Disinfecting area once you are done working in the area before the next employee begins.
- Maintain regular housekeeping practices, including routine cleaning and disinfecting of surfaces, equipment,

and other elements of the work environment. Products with EPA-approved emerging viral pathogens claims are expected to be effective against SARS-CoV-2 based on data for harder to kill viruses. Follow the manufacturer's instructions for use of all cleaning and disinfection products (e.g., concentration, application method and contact time, PPE).

- In order to limit spread of the respiratory secretions of a person who may have COVID-19. Provide a face mask, if feasible and available, and ask the person to wear it, if tolerated. Note: A face mask (also called a surgical mask, procedure mask, or other similar terms) on a patient or other sick person should not be confused with PPE for a worker; the mask acts to contain potentially infectious respiratory secretions at the source

## **Policies and Procedures for Prompt Identification and Isolation of Sick**

- Prompt identification and isolation of potentially infectious individuals is a critical step in protecting workers, customers, visitors, and others at a worksite.
- Employees need to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure. Let the employer know immediately if they are having symptoms.
- If you are having symptoms of COVID 19 at work, you will be sent home. If you are tested for COVID 19 and results come back positive you can return to work after 10 days, and 3 days with no fever (without-fever reducing medicine) and improvement of respiratory symptoms (cough, shortness of breath) whichever is longer.
- The CDC requires a worker who has been exposed to the COVID 19 virus to monitor their temperature for 10 days, as long as they are not symptomatic they can remain at work and take extra precaution such as wearing a mask or going home if they feel sick. Generally you become symptomatic within 48 hours of exposure so if you don't have symptoms after 48 hours you most likely will not have symptoms.

**Pre- Appointment Phone Screening:** Prior to booking an appointment, receptionists and therapists must perform a Pre-Appointment Phone Screening.

In the past 24 hours, have you experienced:

1. Fever:  Yes  No
2. Cough:  Yes  No
3. Sore Throat  Yes  No
4. Diarrhea:  Yes  No
5. Shortness of breath:  Yes  No
6. Have you recently been in close contact with anyone who has exhibited any COVID 19 symptoms?  Yes  No
7. Have you recently been in contact with anyone who has tested positive for COVID-19?  Yes  No
8. Have you recently traveled to a restricted area that is under a Level 2, 3, or 4 Travel Advisory according to the U.S. State Department? Including: China, Italy, Iran, and most countries in Europe.  Yes  No

# TREE OF LIFE PROTOCOL & PRACTICE

## PRE-TREATMENT PROTOCOL:

- **Ask clients to wait in their cars or outside** until you text them or call them to come in if we have more than 2 people in the waiting room. If a client arrives more than 10 minutes early ask them to please wait in their car until closer to appointment time.
- **Avoiding practices such as handshaking or hugging.**
- **Have the client fill out a pre-screening in the waiting area before the massage begins.**
- **If the client arrives wearing medical gloves, request that they remove these gloves before entry, as gloves may be contaminated with respiratory droplets from the client touching their nose or face.**
- **Confirm that the client has an acceptable face mask.** If the client does not have an acceptable face mask, provide the client with a disposable face mask. (Unless they have a health condition that does not allow them to wear a mask) If that is the case practitioner is to wear a mask and face shield when performing services.

## TREATMENT PROTOCOL:

- **Bring the client to the session room as quickly as possible to avoid a group of people in the reception area**
- **Both the practitioner and client must wear a face mask during the session.** The client must also wear a face mask from the time they enter to the time they leave the facility. Unless health condition doesn't allow them to wear a mask or if the practitioner is wearing a mask & shield. As some services do not allow for a mask to be worn.
- The CDC suggests that COVID-19 infected respiratory droplets can be dispersed when people talk. For this reason, **talking is limited to communication about pressure, warmth, and comfort** while in the enclosed space of the session room.

## **POST-TREATMENT PROTOCOL:**

**Practitioners should disinfect their hands directly after treating a client or handling credit card or cash payments. Request that the client sanitize their hands** with an alcohol- based hand sanitizer directly before they leave the session room and before they pass through common areas of the facility.

Water will be in the reception area in bottles. Let the clients know if they would like water they can take a bottle on the way out of the office.

Once the client has left the treatment room, strip blankets and sheets and table warmer down the bare table. Spread disinfectant spray on all surfaces that the client touched. The solution should stay on the surfaces from 5-10 minutes. While you wait, write chart notes and prepare to re-set the room.

Once disinfectant spray has been on the surfaces long enough, wipe off the surface with paper towels, wash hands and re-set the room.

Clients should not linger in space, keep conversation short in order to keep the flow of clients in and out.