



Dear Massage and Bodywork client,

I hope this finds you and your family in good health. While many things have changed, one thing has remained the same: my commitment to your safety and health. As we navigate life with additional requirements and modify existing measures due to the coronavirus, please help me to support all of my clients by cooperating with some new requirements. My practice follows Practice Guidelines recommended by the Federation

of State Massage Therapy Boards (FSMTB), along with infection control recommendations made by (CDC) and (OSHA) and Oregon government requirements as well.

**Please see 'please bring with you' requests below in this letter, and YES, masks are a thing now; you need to wear one that covers your mouth and nose before you enter the clinic. This, I feel, will allow a safe space for you to receive the immune enhancing, stress reducing and wellness bodywork you so deserve!**

I will communicate with you beforehand to obtain updates to your health information and ask you specifically about your potential exposure to COVID-19 via text or phone call.

- When you arrive at the office, I'll ask that you wait in your vehicle until I text you or call you to come in. This ensures that we don't have too many people in the reception area at one time.
- I will greet you at the door and use a no touch thermal temperature screening to confirm that you don't have a fever.
- I'll ask you if you have developed any symptoms of illness since we spoke on the phone. If you feel ill on the day of your session, there is no penalty for canceling your appointment. Massage is not advised if you have any symptoms of illness.
- **Please wash your hands** in our bathrooms by the elevators before your session.
- **Please** have a change of clean clothes if coming from work or gym/exercise/yoga class if clothing-on massage.
- **Please bring** a face mask, required to use while you are in the building, entering Sunset Healing Arts clinic and during your massage.
- **Please bring** your own choice of hand sanitizer. People are allergic to different chemicals, so I want to make sure you have what makes sense to your skin.
- **Please bring** your own water, as our community tea and water station is unavailable for the foreseeable future.
- I will ask you at each appointment to sign an informed consent form that states, *"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."* Also, will ask these questions: Have you had a new or worsening cough, a fever over 100°, shortness of breath, and been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days? IF yes, please cancel your appointment.

You may see some changes when it is time for your next appointment. For example: Our clinic waiting area has been restructured so all books and magazines are not laying around. We are all seeing less clients per day to help ensure low traffic in the waiting area. Our daily cleaning routine includes:

- All high-touch surfaces, like doorknobs, desks, countertops, will be disinfected throughout the day.
- Unnecessary touchable items will be removed from our lobby.
- My bodywork room, chairs, equipment and air is and will be filtered, sanitized and cleaned by yours truly.

I have facemasks I will wear as well. Since most bodywork is clothing on and each person will have clean linens, that will ensure a clean bodywork table environment for you. I will be wearing clean clothes and change between clients when necessary. I am also only seeing one client a day for a while to allow plenty of time for air exchange and to clean and rest. If more than one person, then there will be at least 90 minutes of space between clients to let the room rest and give me time to clean.

I look forward to seeing you again and am happy to answer any questions you may have about the steps I take to keep you, and every client, safe in my practice. To make an appointment, please call/text 503-939-9123. My practice is tentatively scheduled to open on June 9, 2020.

Thank you for being my client. I value your trust and loyalty and look forward to welcoming you back to a safe, therapeutic touch environment.

In Wellness Always,

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Re-Member Massage, Nanci Williams L.M.T. #14787