

# Infection Control Measures – Robyn Dey RMT

Learn about the changes you will experience during your massage during COVID-19

## Be aware of the risk for contracting COVID-19 during a massage

The novel coronavirus causes the disease known as COVID-19 which has a long incubation period. Carriers of the virus may not show symptoms and still be contagious. The current recommended guideline for social distancing (6 feet) is not possible during a Massage Therapy session and the proximity required for treatment is one way that the novel coronavirus can spread.

There is evidence that the virus can linger in the air for minutes to sometimes hours, which can transmit the novel coronavirus. The close contact nature of massage therapy and being in an enclosed space for prolonged periods both elevate the risk of contracting novel coronavirus.

### Some treatments that pose a higher risk of contracting COVID-19 include:

- Treatments on the face or head
- Techniques that may cause coughing such as tapotement on the back.

This table includes information on infection prevention and control practices that I have implemented and personal protective equipment that we will be using to help lower the risk of giving each other COVID-19. **Please be aware that even with these precautions, because of the close contact during a massage, there is still a risk that you can contract COVID-19 during a massage.**

## Air quality



- A Dyson hepa air purifier in the massage treatment room projects 310 liters of purified air per second towards the return air duct for UV-C light sterilization. Dyson monitors and reports Indoor Air Quality Index (AQI) and captures 99.97% of microscopic particles as small as 2.5 microns, including smoke, bacteria and allergens, pollen, dust and pet dander
- Sanuvox P900 UV-C light air sanitizer kills Covid in the Clinic Room
- Air ducts return air from the massage treatment room to a Sanuvox RMax UV-C light air kills Covid in the HVAC system.
- If weather allows, the window is also opened after every massage appointment to bring fresh air into the room.

## Screening

- You will be screened for COVID when you arrive and your temperature will be taken using a contact-free thermometer.
- If you had no symptoms of COVID-19 when you booked the appointment but develop symptoms during the massage, the massage must be immediately stopped and we must socially distance. I will give you further instructions at that time.



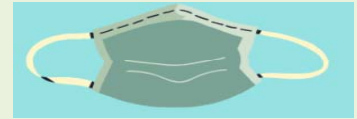
## Reduced number of visitors to the Clinic

- **Please arrive alone** (unless you require assistance) and no more than 5 minutes early.
- The waiting room will not be used during the COVID-19 pandemic

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## **Masks & Other PPE**

- You are encouraged to wear a mask but it is not mandatory.
- I will be wearing an N95 face mask, a face shield as well as a freshly cleaned apron. For intra-oral treatments on TMJ, I will wear gloves.



## **Hand Sanitizing**

- 70%-90% alcohol hand sanitizer is available at the entrance and in massage treatment room.
- Clean your hands as soon as you arrive and before exiting the clinic.
- I will wash my hands, elbows and forearms thoroughly with soap and water before you arrive and again before beginning your treatment.



## **Forms & Homecare Exercises**

- Electronic forms will be used now instead of paper forms.
- Instructions and videos for homecare exercises will be emailed

## **Contactless payments and receipts**

- Tap
- VISA, Mastercard, Debit, Apple Pay and Insurance Accepted
- Insurance/Tax Receipts will now be emailed to you.



## **Behind the Scenes – Best Practices in Cleaning & Disinfecting**

- Linens, blankets and pillows will be changed and cleaned after each appointment.
- Treatment room, hallways and bathroom will be completely disinfected between each appointment with Health Canada approved cleaning and disinfection products.
- I will pay special attention to all high contact surfaces.
- I will also change my apron after every massage.

## **Vaccination**

- I am fully vaccinated and boosted every 6 months
- Everyone entering the clinic must provide proof of full Covid vaccination

