

# Massage Therapy and COVID-19 - What you need to know



## What can you expect? Your RMT:

- Will screen you for COVID-19 (before the appointment and when you arrive)
- Will ask you to come to the appointment alone (if possible), wearing a mask
- Will ask you to wash your hands or use hand sanitizer when you arrive and before you leave
- Will wash their hands with soap and water thoroughly and regularly, including before and after treatment
- Will wear a medical mask whenever within two metres of you and during treatment
- May wear gloves or other personal protective equipment (PPE), such as goggles or a gown



## What cleaning and disinfecting protocols are in place?

- Items used during treatment will be cleaned and disinfected after each client
- Linens and blankets will be changed and laundered after each client and the face cradle will be thoroughly disinfected
- Items that cannot be cleaned and disinfected or changed between clients will be removed from the treatment area



## What can you do to help?

- Stay home if you have COVID-19 symptoms or are feeling unwell
- Try not to touch your face
- Cough and sneeze into your elbow or a tissue; dispose of the tissue immediately and wash your hands or use hand sanitizer
- Let your RMT know if you have concerns about wearing a mask
- Follow your RMT's guidance and ask any questions you have before, during and after treatment

Have questions or concerns about your treatment? We are here to help.



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