

## Covid Considerations:

Let's check in around any Covid concerns you may have.

It seems that the Covid-19 pandemic is waning in Massachusetts. This is such wonderful news! I will, of course, stay aware and cautious as we discover more about the virus and its transmission. I hope you will stay informed as well. I wish you well!

I am now fully vaccinated for Covid-19. What this means to me is that I feel confident about being in the kind of physical proximity that is inherent with the type of work I offer.

If you are also fully vaccinated for Covid-19, I am comfortable with both of us meeting up without wearing masks.

If you are not fully vaccinated, we will both wear masks during your session.

I am all for wearing masks (vaccinated or not) if it is a more comfortable choice for you.

- At the time of your appointment, I will greet you at the door. You may send me a text or ring the doorbell as you are arriving, and I'll meet you at the door.
- I'll have hand sanitizer at the door, and in my office, and recommend you use it.
- I'll ask you if you have developed any symptoms of illness since we spoke on the phone. If you feel even the least bit ill

on the day of your session, please do not come to your session (and I will adhere to the same). As always, there is no penalty for canceling your appointment due to illness (even mild, or a “feeling”).

- Please bring a face mask to use while you are in the building, and during your session (if applicable). If you don't have one, I have disposable face masks to give out.
- If you have completed your round(s) of vaccination, and it has been more than two weeks, you may remove your mask during your treatment.
- I am limiting sessions to an hour (table work only- no thai massage). This is likely to change over the coming weeks!
- The room will be well ventilated. I will be sanitizing all surfaces between clients, and will do an even deeper clean at the end of each day. All linens will be clean and fresh for each client.
- I'll ask that we keep payment as touchless as possible, using Venmo or PayPal just before our session. Checks and cash are okay too, but I prefer touchless payment.
- I want to be certain that you understand that close contact with people increases the risk of infection from COVID-19. I ask that you acknowledge that you are aware of the risks involved and give consent to receive massage from me. I don't see the value of a written consent/liability form, but let's both be sure we are on the same page about this.

\*\*\*Watch for **Symptoms** (from the CDC)

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus.  
People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.