

Dear Clients,

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.

By its very nature massage and bodywork requires skin-to-skin contact and you should be familiar with the fact that infection control has always been a top priority for my practice. As we navigate life with additional requirements and modify existing measures due to the coronavirus, please help me to support all my clients by cooperating with some new requirements.

My practice follows guidelines recommended by the Federation of State Massage Therapy Boards (FSTMB), along with infection control recommendations made by the U.S. Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA).

You may see some changes when it is time for your next appointment.

I made these changes to help protect my clients and myself. For example:

- I will communicate with you when I confirm the appointment to obtain updates to your health information and ask you specifically about your potential exposure to COVID-19.
- When you arrive at the office, I will greet you at the gate and use a no touch thermal temperature screening to confirm that you do not have a fever.
- I will ask you if you have developed any symptoms of illness since we spoke at the confirmation. If you feel ill the day of your session, there is no penalty for cancelling your appointment. Massage is not advised if you have any symptoms of illness.
- Please bring a face mask to wear while you are in the building and during your massage.
- Please bring your own water. I had to delete the water dispenser.
- I will ask you to sign an informed consent 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." And an intake addendum must be signed before each session.
- I have hand sanitizer at the door or even better, go to the bathroom and wash your hands. 😊
- I have added a \$5 PPE fee to each appointment. (sorry)

I look forward to seeing you again and am happy to answer any questions you might have about the steps I take to keep you and every client, safe in my practice. To make an appointment, please call my cell/ office number at (808) 430-6390. My practice is scheduled to open on Thursday, June 18<sup>th</sup>, 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.

*Your Massage Therapist,*

*Mollie M. Ferreira MAT-5722*