



Four Winds

COVID-19

Infection Prevention and Control Policies and Practices

For our mutual protection stay home if not feeling well.

This Infection Prevention and Control Policies and Practices was created in response to the WA State Governor's Proclamations affecting healthcare providers. This document will be periodically updated to ensure compliance as updated information is received and as state authorities release new and updated proclamations or guidance. Information sources include CDC, OSHA, FDA, WA State DOH, University of WA, ADA, AMA, WA State L & I and Washington State Massage Therapy Association (WSMTA).

PPE Requirements

Practitioner will wear:

- A N95, KN95 or Surgical facemask.
- Eye protection in the form of close fitting safety glasses or goggles.
- Fresh overshirt and head cover.
- Nitrile powder free gloves IF the LMT has any skin opening or should the client request they be use by the LMT.

Client will wear:

- A face covering for the duration of the session (from arrival to departure and during the massage). Clients are expected to arrive with a face covering or one will be provided before entry is allowed.
- When face up or side-lying clients are encouraged but not required to wear protective eye coverings. LMT is providing light weight eye shields upon request.

Sanitation Practices

- Office and all potential touch point areas are cleaned and disinfected before and after each session. This includes massage table(s), chairs/stools, office table and other surfaces and equipment. EPA, FDA, CDC approved COVID-19 disinfectant sprays and wipes are used specific to the surfaces being cleaned.

- Thorough hand washing, as usual, is done before and after each session. Paper towels or cleaning wipes are used on knobs and doors when transitioning between restroom and the office space. Once reentered the LMT will apply hand sanitizer.
- Multiple hand sanitizer pump bottles are available for use by the LMT and clients. These pumps are sanitized between sessions as part of the general between session cleanings.
- As temperatures allow the window may be left open to improve airflow (this is also dependent upon noise or traffic outside of the window). A high quality HEPA air filter is in use each day. Filters used are rated for clearing minute virus size particulates.
- The building air conditioning system has been updated by the building management. The system is now using high-level (MERV 13) filters that meet EPA requirements for filtering virus particulates. The building maintenance folks have committed to replace them regularly.

Client Preparations for Sessions:

- **Clients are to stay home if they are not feeling well.** If during session they begin to not feel well they are to immediately report that to the LMT and the session ended.
- Clients are to bring and wear a face covering.
- Clients are encouraged to only bring the minimum of belongings necessary for the session leaving all else at home.
- Brown paper or plastic bags are available upon request for covering, storing or transporting belongings as needed.
- Clients are to leave removed clothing on hooks, hangers or chairs away from the massage table.
- The water dispenser has been removed from the office and small 8 oz. individual commercially sealed bottles of water are now available. The bottles are stored in a plastic lunch box on the desk table take as you need.

Arrival to Office:

- Clients will be checked for COVID-19 symptoms as well as checked for signs of health (temperature using non contact thermometer, SpO2 levels using pulse oximeter). Anyone with symptoms of COVID-19 or out of normal range of signs of health will be asked to leave and asked to follow up with their PCP or go to the ER depending on the severity of the symptoms or diminished signs of health. Evaluation findings will be recorded for each session in the session notes. As usual all records are secured in compliance with HIPAA standards.
- Clients are required to sign a Health Disclosure and Acknowledgment of Risk Form for initial session since onset of COVID-19. Pens used in the office are sanitized for each use.

- LMT will post their signs of health readings each day for client's edification.
- LMT acknowledges that she is fully vaccinated at this time.
- All chairs/stools are set up at the minimum 6' distance between client/LMT.
- Restrooms are public and should be treated with additional care to minimize risk. Building management is responsible for regular cleaning. The LMT will clean the restroom door knobs/locks before and after each session to help minimize risk exposure. Hand washing and sanitizing signage is posted in restrooms to encourage washing standards.

During and After Session:

- During sessions clients will remain masked throughout their time in the office. Eye coverings are provided upon request for when clients are face up or side lying on the table.
- Hand sanitizer is used at any time contact is interrupted by touching anything not directly involved in the exchange (the client, linens or table).
- If clients or LMT experience any sense of feeling ill or have a change in signs of health they are to inform each other immediately.
- After clients leave the LMT will secure soiled linens/blanket in sealed container. LMT will then clean and disinfect equipment and the facility followed by airing out the space to minimize air particulates.

Notification of COVID-19:

- In the event that a client or LMT discovers that they either have contracted COVID-19 or been exposed to COVID-19, they are to notify each other immediately. The LMT will immediately notify all other clients who may have been exposed as a result of the client being in the office. Everyone exposed are encouraged to isolate for at minimum 14 days and get tested. In such situations the LMT will duly notify health authorities.
- If health authorities request client or LMT contact information, it will be provided (as allowed by HIPAA relative to medical emergency situations). If a client does not wish their information to be included, they are to notify the LMT at the time exposure notice is delivered and prior to the LMT reporting to health authorities.
- The LMT will provide clients instructions of what to do, which can be found at: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDExposed.pdf> In addition the LMT will implement appropriate sanitation guidelines as found at: <https://www.ehs.washington.edu/system/files/resources/cleaning-disinfection-protocols-covid-19.pdf> section 2.