



Four Winds

COVID-19 Infection Prevention and Control Policies and Practices

Revised 3/2022

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 is periodically updated to ensure continued compliance with state proclamations or guidance.

PPE Requirements

Client is to 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.

Practitioner will wear:

- A N95 medical facemask and head cover.
- Eye protection in the form of close fitting safety glasses or goggles, Nitrile gloves and overshirt when administering intraoral massage.

Sanitation Practices

- Office is cleaned and disinfected before and after each session using EPA, FDA, CDC approved COVID-19 disinfectant products.
- As usual, thorough hand washing 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. Hand sanitizer is applied as needed.
- Multiple hand sanitizer pump bottles are available for use by the LMT and clients. Pumps are sanitized between sessions.
- A high quality HEPA air filter is in use each day. Filters used are rated for clearing minute virus size particulates.

Client Preparations for Sessions:

- **Clients are to stay home if they are not feeling well.** If during session clients begin to not feel well they are to immediately report that to the LMT and the session will be ended.
- Clients are to bring and wear a face covering.
- Clients are to leave removed clothing on hooks, hangers or chairs away from the massage table.
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Upon Arrival:

- Clients will be checked for COVID-19 symptoms and signs of health (temperature using non contact thermometer, SpO2 levels using pulse oximeter). Depending on findings the session will proceed or be cancelled. If cancelled there will be no charge. Depending the severity of the symptoms or diminished signs of health clients may be asked to follow up with their PCP or go to the ER.
- New clients or those not seen since the onset of COVID-19 are required to sign a Health Disclosure and Acknowledgment of Risk Form for initial session. Sanitized pens are available as needed.
- LMT will post their signs of health readings each day for client's edification.
- LMT is fully vaccinated and boosted.
- All chairs/stools are set up at the approximately 6' distance between.
- Restrooms are public and should be treated with additional care to minimize risk. Building management is responsible for regular cleaning. Hand sanitizer is available just inside my office door for immediate use.

During and After Session:

- During sessions clients will remain masked throughout their time in the office. Eye coverings are available upon request for when clients are face up or side lying on the 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.
- Individual commercially sealed bottles of water are available upon request.
- After clients leave the LMT will secure soiled linens/blanket in sealed container. LMT will then clean and disinfect equipment and the facility along with allowing time for airing the space between sessions.

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. All potentially exposed folks are encouraged to isolate for at minimum recommended by the state Dept. of Health 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.
- 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.