



New COVID-19 Pre-Session procedures

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 of my clients by cooperating with some new requirements.

Eastside Bodywork follows Practice Guidelines recommended by the Federation of State Massage Therapy Boards (FSMTB), 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 ask you to fill out an updated health history form.
You can find a copy of the new form as an attachment to your email confirmation or on my website www.eastsidebodywork.com under 'Forms'.
- I will ask you to fill out and sign a separate form dedicated to your potential exposure to COVID-19.
- That form acts as an informed consent form 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."
- When you arrive at the office, I'll ask that you wait in your vehicle until I text you or call you to come in. This ensures that we don't have too many people in the office at one time. **Please make sure to share the best phone number to reach you at on your intake form.**



- I will greet you at the door and direct you to the restroom first where you are asked to please wash your hands thoroughly for at least 20 seconds.
- I will then use a no touch thermal temperature screening to confirm that you don't have a fever.
- I'll ask you if you have developed any symptoms of illness since making the appointment. If you feel ill on the day of your session, there is no penalty for canceling your appointment. Manual Therapy is not advised if you have any symptoms of illness.
- I will provide you with a face mask to use while you are in the office and during your treatment.
- You will also find hand sanitizer in the office for you to use as needed.
- Please come alone. At this time, it is not possible to have other people accompany you to your appointment. An exception to this rule are clients under the age of 18 in which case one parent will be allowed to accompany their child.

I look forward to seeing you again and am happy to answer any questions you may have about the steps I take to keep you, and every client, safe in my practice.

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.

Simone Holderbach