

Please be advised of the new policies for From Me To You Massage Therapy due to COVID-19. These recommendations have been developed by the **Occupational Safety and Health Administration's Guidance on Preparing Workplaces for COVID-19**, and guidance from the **Centers for Disease Control and Prevention(CDC)**, and the **Alabama Board of Massage Therapy**.

Cancellation

Amid to the ongoing uncertainty of COVID-19, we have modified our cancellation policy to offer greater flexibility to all our clients. We hope this will alleviate any stress and hesitation you have about an upcoming appointment. Massage/bodywork is not appropriate care for infectious or contagious illness. Please cancel your appointment as soon as you are aware of an infectious or contagious condition. If it is within the 12-hour notice period, the cancellation fee will be waived.

COVID-19 Information: Liability Waiver will be provided and must be signed prior to session, and the following pre-screening questions will be asked:

1. Have you had a fever in the last 24 hours of 100°F or above? Yes No
2. Do you now, or have you recently had, any respiratory or cold/flu symptoms, sore throat, coughing, runny nose or shortness of breath? Yes No
3. Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms? Yes No

Tardiness

Appointment times are as scheduled and cannot extend beyond the stated time to accommodate late arrivals. Please be on time to your appointment. I am asking all clients to arrive 10 minutes early.

Guidelines for Massage Therapy Establishments/Close- Contact Services:

- No Walk- In Appointments
- Therapist and client must wear a mask at all times. Therapist will consider using side-lying positioning to address lateral and posterior aspects of the body instead of prone (lying face down), client can only remove mask in prone position. If client is unable to wear mask for health or comfort reason, please advise therapist.
- Therapist is strongly encouraged to wear gloves when providing services
- Clients will need to call or text upon arrival and wait for confirmation to enter
- To keep a 6-ft distance in the waiting room for a larger facility
- Hand washing/sanitizing protocol will be made available before, during and after services
- Cashless payment systems are preferred. If exchange of cash is unavoidable, service providers must wash hands after each transaction.