



## COVID-19 PRACTICE UPDATE: June 8, 2020

Hello!

As you may have heard, many clinics and RMTs have gradually begun to restart massage therapy services. Many of you have reached out to let me know how much you miss your massage therapy treatments, and I have missed treating you as well. I am really excited to get back to treating you, but will be doing so in the safest way possible. However, my priority will always be keeping my patients safe.

There are many health and safety guidelines we are required to implement into our practice before we can begin working again. I am gathering all the proper personal protective equipment and have completed a number of infection prevention and control training modules through the Ministry of Health. I will continue to prepare and watch the daily numbers so that once I do reopen, I will be able to provide you with the health care you need as safely as possible. My plan is to start back in early July.

I will contact you to let you know when online booking will be opened, and will keep my reopening gradual and measured to make it the safest transition possible. I appreciate the support and understanding of all of you during this unprecedented time.

As always, if you have any questions or concerns, want some self-care tips, or just want to touch base, I am available by email or text.

I look forward to welcoming you back to my practice and having you experience my new space as safely as possible and as soon as I can do so! Stay safe and stay healthy.

Your in health and happiness,

**Anne + Sophii**

# WHAT TO EXPECT FROM YOUR MASSAGE THERAPY TREATMENT DURING COVID-19



## BEFORE YOUR APPOINTMENT

- You will be virtually screened for your risk of COVID-19
- Be patient and assess your needs. RMTs will prioritize essential/urgent patients first
- Ask your RMT about new public health measures in place

## WHEN YOU ARRIVE

- You will be screened for your risk of COVID-19
- Wash your hands
- Wear a mask
- Practice physical distancing
- Arrive alone, as close to your appointment time as possible.



## BEHIND THE SCENES

- Linens, blankets and pillows will be changed and cleaned after each appointment
- Treatment room will be completely disinfected between each appointment
- All surfaces will be cleaned and disinfected often

## DURING YOUR TREATMENT

- Wear your mask
- Your RMT will also be wearing a mask



## AFTER YOUR APPOINTMENT

- Wash your hands
- Contactless payment if possible (tap your card)
- Practice physical distancing