

COVID 19 2021

Delta Variant

September 1, 2021 Update and status and possible future plans.

As you might remember from our June 2020 letter, the following are the changes Bodywork Connections has made to make your appointment as safe as is possible. (highlighted text is things we are **RE** emphasizing)

We look forward to your appointment but with the following changes:

- 1- PLEASE park in front of the massage room door (9108) and enter by the massage room door.
 - a. It is requested to not enter the other parts of the barn for your health/safety as the rest is not sanitized or cleaned daily/hourly.
- 2- Arrive just prior to your appointment time frame.
- 3- Bodywork Connections is taking all the CDC guidelines precautions to & for Massage Therapists via the BMBT (Licensing Board for Massage Therapist) & AMTA guidelines. Therefore:
 - a. **TIME:** We will be having at least an hour in between appointments so that I can do the laundry, wipe down the table, chairs, hydrocollator, refrigerator, doorknobs. And clean the restroom and mop the floor and allow the area to 'air out'. **09/2021 (We are going back to an hour in between appointments.)
 - b. **AIRPURIFICATION:**
 - i. We have 2 air purifiers in the rooms
 1. electronic plugged into the wall (45 min to process room) and
 2. a Snake Plant, which is known for its exceptional oxygen purification properties.
 3. Plus, diffusing Thieves essential Oil.
 - c. **INDIVIDUALIZED:**
 - i. We have individual sheets, towels, face piece, face covering, padding and wraps for hydrocollator packs, & any other misc. sheets/towels.
 - ii. Individual massage oil ramekins (washed by hand AND Sanitized in the dishwasher) for each massage session.
 - iii. Laundry will be washed in the "Sanitation mode". (1.25 hours HOT water wash, another 54 minutes to dry.) Again, using Thieves laundry detergent for toxin free, yet immune boosting and germ-killing properties.
 - d. **TEMPERATURES:**
 - i. We are taking forehead temperatures with a touchless digital thermometer.
 - e. **TOUCHLESS PAYMENT OPTIONS:**
 - i. We have added the touchless credit card payment options of the

1. Square, (chip & tap),



2. Venmo (Bodywork Connections, LLC),

3. Check

4. Cash (with proper ID) 😊.

f. **MASK REQUIREMENTS:**

i. I will be wearing a mask during our session; it is optional if you choose to wear a mask or not. I will not be wearing gloves unless requested to do so.

ii. ****09/2021**(It is now required for you ALL to wear your mask in the massage room & while face up on the table.)

g. **COMMUNICATION:** If I, your massage therapist, come into exposure of the Corona Virus (any variant), I will notify all those clients I have seen within a 2-week time frame so that you can be informed and take necessary action of self-quarantining and other immune boosting measures.

i. May I ask the same of you?

1. **** 09/2021** Just a reminder to those that are vaccinated, you can still GET & GIVE Covid. If you become exposed or are displaying symptoms, please let me know a) we can reschedule the appointment & b) so that I may take care of myself and prevent sharing with any of my clients. Thank you!!!

ii. If you have traveled outside the state; via plane, train, bus, caravan, or automobile, please refrain from a massage appointment for 7 days)

h. **THE EFFECTS OF MASSAGE:** Also, I want to reiterate, if you don't already know, the deep impact massage may have on you & your body at this time: Physically/ Mentally/ Spiritually:

i. **Physically:** Many are experiencing Muscle Pain and discomfort; maybe because you are used to massage & have missed it or have had treatment & rehabbing or possibly, Physical discomfort is "symptom" of the Covid-19.

1. *Massage works to increase blood and lymph circulation; therefore, if you are carrying a virus, or bacterial infection; (possibly asymptomatic. Or just not displaying symptoms yet) massage may enhance or bring to the surface & highlight your symptoms. I want you to be aware & knowledgeable of the RISKS of massage. As always, drink & Hydrate WELL BEFORE & AFTER the massage to continue the lymphatic excretion. I highly recommend **showering** after the massage as we may have encouraged some lymphatic release through the skin, so we want to wash it off. (See also my letter **on Prevention, Precautions & Solutions**)*

- ii. **Mentally:** We have ALL been under A LOT OF STRESS with the UNKNOWNNS, MISKNOWNS & the excessive REDUNDANCY of information of the Corona Virus. We absolutely NEED to be **forgiving & flexible** rather than enhancing the DIVIDE within our Community & Country.
 - 1. When you are on the table, I want to be POSTIVE, ENCOURAGING and LOVING. *** (I will do my best, but please remember, I am human too and have days in which I struggle & while you are on the table, I put your needs before my own, which could put me in jeopardy.)*
- iii. **Spiritually,** Because I believe God is completely in Control and still on HIS Throne; If you will allow me, I would like to pray over our massage session to ask for HIS protection and guidance. If you are uncomfortable by this, I will do it silently for both of us.

4- I am asking that you all read this: **Bodywork Connections Covid-19 policies **09/2021**, print this out, answer the following questions, sign it, and bring it with you to your appointment, thereby, stating that you are fully aware & have communicated current health status.

- a. Have you experienced or been exposed to the Corona Virus? If so, when: _____
 - i. Any lingering results from Covid? _____
- b. Do you currently have a temperature? Or a cough? Or all over body aches/pain? _____
- c. How are you feeling right now? What is your chief complaint? What do you hope to achieve or receive from this massage?

- d. Are you vaccinated? Y or N When: _____
- e. Have you had a Booster Vaccine? _____
- f. Are you comfortable / Uncomfortable with the fact that Sara is NOT vaccinated?

Thank you. ~

Signed: _____

Date _____