June 1, 2020

**COVID 19 ERA PROTOCOLS FOR OPTIMIZING SAFETY AND HEALTH**

*Under the current conditions, everyone must take all possible precautions to stay healthy and to protect the health of others. In order to resume treating patients, I must take into consideration my own health as well as the health of everyone else who comes into my office. I need each person who comes for treatment to enter into an agreement with me and commit to following these protocols. Even with following best practices, I cannot guarantee 100% safety; there is risk—albeit low—in coming for treatment. These protocols may change in the future.*

**DO NOT COME IF YOU HAVE OR HAVE HAD WITHIN THE PAST 72 HOURS ANY OF THE FOLLOWING:**

* Temperature of 100 degrees or more, or 2 degrees above your normal
  + Your temperature should be normal, without taking any medications to lower it, for 72 hours prior to your appointment.
* New cough
* Sore throat
* Unusual fatigue
* Muscle ache all over
* Chills or shaking due to chills
* Diarrhea
* Loss of sense of smell or taste
* New or unusual headache
* Shortness of breath or difficulty breathing
* Chest pain

**IF YOU HAVE ANY OF THESE UNUSUAL SYMPTOMS, CONTACT YOUR PRIMARY HEALTH CARE PROVIDER.**

If you have been exposed to someone with COVID-19 or are experiencing any of these symptoms, you must be in quarantine for 14 days and cancel any appointments, including those with your massage therapist. There will be no penalties for last minute cancelations due to health issues.

If you have any questions, please contact me by phone to discuss your specific situation.

<phone number>