

While many things have changed, one thing has remained the same: our commitment to your safety and health.

You should be familiar with the fact that infection prevention has always been a top priority for our office.

While CT is still unable to provide instant Covid-19 tests, on demand in every location, for every client and staff member, we must rely heavily on pre-screening questions.

Please **postpone** your appointment for ANY of the reasons below:

~ If you are un-vaccinated and you are in any of the high-risk groups for Covid-19 (Asthma; Chronic Kidney, Liver, Heart or Lung disease; Diabetes; Cancer diagnosis; Immunocompromised in any way; Severe Obesity; Blood or Blood Clotting Disorders; Pregnant)

~ If you are un-vaccinated and you have traveled by plane, train or ship and/or stayed overnight away from your home in the last 14 days. (Vaccinated just 5 days)

~ You, or anyone in your home or workplace, have tested positive, or are waiting for a test result, for Covid-19.

### **What to expect at your appointment:**

Our office will incorporate the best practice guidelines recommended by the CT DPH, along with infection control recommendations made by the CDC and OSHA.

### **Before:**

~ We will communicate with you beforehand, by email and/or phone, to obtain updates to your health information and ask you specifically about your potential exposure to COVID-19. Plan to arrive here 15 minutes early.

~ We will ask your Covid vaccine status.

~ When you arrive at the office parking lot, **please call** before you to come in. This ensures that we do not have too many people in the reception area at one time.

~ Please bring a substantial face mask (NO valve type masks allowed) to use while you are in the building, and during your entire massage session.

~ We will greet you at the door and use a touchless thermal temperature screening to confirm that you don't have a fever.

~ We'll ask you if you have developed any symptoms of illness since we emailed or spoke on the phone. If you feel ill on the day of your session, there is no penalty for canceling your appointment. Massage is not advised if you have ANY symptoms of any illness.

~ There is a mandatory hand hygiene protocol upon entering this office. You will go to the lavatory for a thorough hand and wrist wash.

### **During:**

~ Speaking during your massage session should be limited.

~ We are still not providing any Massage Therapy on the face.

### **After:**

~ You may reschedule by phone or on-line after your appointment.

~ If you become ill within 14 days of visiting our office, please notify us immediately so your Therapist (and their families) can be tested, traced and quarantined promptly to prevent further spread.

I hope you are taking the safety of our staff as seriously as you would take the health of your own family. We trust YOU to keep us safe and we hope you trust US to keep you safe!

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A Healing Trail Wellness Center  
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