

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

Sanitation has been a top priority for our office for 26 years now.

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

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

What to expect at your appointment:

Our office will incorporate the best sanitation guidelines recommended 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 10 minutes early.

~ When you arrive at the office parking lot, **please call** before you come in for a Saturday appointment. This ensures that we do not have too many people in the reception area at one time. All other days, just come in.

~ Face masks are now optional for as long as the infection rate stays low in our area. If you would like one, we'll give you one at the front desk. Your Therapist will also be happy to wear a mask at your request.

~ 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:

~ Each treatment room has its own HEPA air filtration system with UV light and every room has 15 minutes of down time scheduled between every session to allow for air sanitation.

After:

~ If you become ill within 5 days of visiting our office, please notify us immediately so your Therapist (and their families) can be tested 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!

Thank you for your consideration,
Franci and everyone at
A Healing Trail Wellness Center
860-485-0405