

## **Covid-19 safe measures: For your protection and ours**

### **What we're doing to protect you:**

- The Centre is being adapted to allow for social distancing to protect all clients, therapists, other centre users and staff.
- Every client who comes for a treatment here **must** wash their hands on arrival and follow the Centre's safety protocols.
- There's a reduced number of appointments to allow for social distancing.
- Windows and doors in the room to stay open whenever possible to keep the air flowing.

### **What else your Therapist is doing:**

- Being up to date with all the latest PPE, wearing a mask and a visor.
- Washing hands, dis-infecting the bench couch and work surfaces cleaning anything you've touched in the room with every treatment.
- Considering everyone's case individually and when needed they're taking extra action to keep you extra safe (call in advance if you have any concerns).

### [NHS advice for people at high-risk](#)

### **What you need to do:**

- Wear a mask to protect yourself and your therapist.
- Review signage on arrival to the centre, and then head directly to thoroughly wash your hands before you come in the therapy room.
- Please don't arrive early or bring someone else with you.
- During case review or initial consultations appointments please sit 2 m apart in the therapy room.
- Avoid touching things unnecessarily when in the room.
- Speak to massage therapist before coming if you should be "shielding". If on the day of your appointment you have covid-19 symptoms you should call to let me and **not** come.
- Consider your personal risk factors before coming (e.g. aged 70 plus).
- If you have mobile massage in your home (please provide 1 large and 1 small towel)

Do **not come** if you or anyone you live with has any of these symptoms:

- High temperature – your chest or back feel hot (you don't need to measure your temp)
- New, continuous cough – coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Loss or change of smell or taste

Then do not come in and make sure you're Self Isolating according to Government Guidance.

### **Consider the risks:**

In some cases of Coronavirus (Covid-19) the symptoms and complications are severe or even fatal. Whenever you leave your home you increase the risk of catching Covid-19. Consider this before coming.

People at higher risk should have had a letter from the NHS asking them to “shield” for 12 weeks, for example you’ve had an organ transplant or are on chemotherapy. If this is you then you must speak to massage therapist and let her know before making an appointment.

There’s also a large group of people who are at moderate risk from coronavirus. These are:

- Are aged over 70
- Are seriously overweight with a BMI of 40 or above (*check at home if unsure*)
- Have a long-term lung condition (such as COPD, bronchitis or emphysema)
- Have chronic heart, kidney or liver disease
- Have diabetes
- Have chronic neurological conditions (e.g. Parkinson’s, motor neurone disease or MS)
- Have problems with your spleen (e.g. sickle cell)
- Have a weak immune system (e.g. HIV, AIDS, steroids, immune-suppressants or chemotherapy)
- Are pregnant