



Earlywine Structural Medicine COVID-19 Protocols

Dear friend,

Thank you for trusting me with your healthcare during this uncertain time. While there is no way to completely eliminate the potential for the transmission of COVID-19 during a bodywork session, I am committed to doing everything possible to ensure your appointment is as safe as it can be. Here you will find guidelines for both the client (you) and the practitioner (me). These were developed with guidance from my professional organizations (The International Association of Structural Integrators and the Associated Bodywork and Massage Professionals) as well as the WHO (World Health Organization) and the CDC (Center for Disease Control). Please review this document before your appointment and let me know if you have any questions or concerns.

We're in this together.

Thank you,

Stacy

Client expectations

If you are experiencing ANY symptoms of illness, please contact me to reschedule your appointment. This includes but is not limited to - fever, cough, shortness of breath, new loss of taste or smell, congestion, runny nose, unusual fatigue, muscle or body aches, sore throat, nausea, vomiting or diarrhea. If you suffer from allergies and are 100% certain that any symptoms can be attributed to this, I am comfortable seeing you. If you are not 100% certain, please let's reschedule.

If you have had any known exposure to COVID-19, please wait 2 weeks before considering an appointment.

If possible, shower and dress in clean clothes prior to your appointment.

Please do your best to arrive at my office without stopping at other businesses prior to your arrival.

I will provide hand sanitizer outside the office door. Please sanitize your hands before entering.

If it is possible to use the bathroom prior to arriving, please do so in order to further limit contamination possibilities. If you need to use the bathroom during your appointment, it will be no problem to do so.

Limit what you touch in the office as much as possible. It will be helpful to have a pen if writing a check.

If you have the ability to pay with Venmo, please do so as this will further reduce contact in the office.

Please bring and wear a mask upon entering the office. You will be required to wear your mask for the duration of your session. (I do have an alternative method of protection if you are unable to wear your mask)

while face down on the treatment table. We can discuss this during your appointment if needed.) Please read up on utilizing a mask appropriately and make sure you arrive with a clean, unused mask to be donned just before entering.

Please do not arrive early for your appointment so as to allow me enough time to appropriately clean the space for you.

Practitioner precautions

As always, I will wash my hands before and after your session. If I am experiencing any signs of illness whatsoever, I will reschedule your appointment.

I will change the table linens, including sheets, pillowcases and blankets after each session. Additionally, I have procured and am using vinyl pillowcases that can be wiped down after each use and a table cover that can also be sanitized once the sheet is removed.

I will schedule extra time between appointments to wipe down all hard surfaces in the office after each appointment including: door knobs, faucets, sink, toilet, chairs, treatment table, etc.

I will provide a plastic tub for you to place your belongings if needed during your session. This will be sanitized before your appointment.

If they are available, I will provide surgical masks for you to wear in the event you do not have one but I am not able to guarantee this at this time. If you do not have a mask, please let me know prior to your appointment.

I will wear a mask for the duration of your session. I will not be wearing gloves as I do not feel I would be able to effectively provide treatment with gloves on.

Regarding the use of "goop"/lotion, I will measure out a portion for your session to prevent any chance of cross contamination between clients.

Arrival and intake

I will need you to fill out a quick health survey and release form at the time of your appointment.

I will not take your temperature or perform any other COVID related health assessments (besides the written health survey) when you arrive. I need to trust that you will cancel your appointment if you feel ill in any way. Thank you for keeping me and other clients safe during this unprecedented time. As always, I value you and our relationship and I will do everything possible to provide you with a safe environment. Of course, you must make your own decisions about what is best for you. If you have concerns not addressed in this document, please feel free to contact me to discuss them.