

COVID-19 OCTOBER 2020



Thank you for informing me on when you...

1. Have traveled
2. Attended large gatherings such as weddings, funerals & family reunions
3. Have had symptoms relevant to Covid-19, cold or flu.
4. Been exposed to someone with Covid
5. Tested positive for Covid-19

Clients who meet one of the above criteria need to request their next appointment to be at least 14 days after the return of travel and gatherings, after cold and flu symptoms subside, after knowingly been exposed, and/or provide a negative Covid-19 test result if you've had the classic symptoms, or you've tested positive to Covid-19.

There is an increasing number of clients reporting exposure to Covid-19, and I am sincerely grateful they have informed me prior to their appointment. By informing me, you help in preventing the spread of colds, flu and Covid-19 to myself and the 20+ clients in the week following your bodywork session.

Please inform me ASAP after an exposure. Otherwise, my practice will have to close if a client tests positive to Covid-19 that was seen within the last 2 weeks, even if I don't contract it from this exposure.

Thank you for your considerations for me and all the clients following you at my practice. I am prioritizing you, my clients, by not attending gatherings or traveling so I can provide you with a safe environment, and to keep my practice running for my livelihood.

Sincerely,

Terri Slough

AND SUDDENLY YOU
KNOW: IT'S TIME TO
START SOMETHING
NEW AND TRUST THE
MAGIC OF BEGINNINGS



sunshineandpearls.com



Reflexions of the Sole is open for essential needs

This time calls for Wisdom, Caution, Courage and Compassion.

You are welcome to attend bodywork sessions if you meet the following criteria:

- You have not been exposed to the flu
- You do not have a cough, cold, or fever
- You are not in a high-risk category
- If you have traveled, you have self-quarantined for at least 14 days

The scheduled sessions will be spaced appropriately to avoid close contact to other clients, and adequate time to disinfect all client areas, including bathrooms, doorknobs, devices, containers, etc...

My commitment to keeping clients safe

- **Force of Nature Appliance**
It turns tap water, using a capsule of salt, water and vinegar, into a cleaner and disinfectant. It's on the EPA's list of Disinfectants for use Against SARS-CoV2, the cause of COVID-19.
- **Ozone Generator**
Ozone gas has been proven to kill SARS coronavirus, backed by more than 17 scientific studies. The ozone generated from normal air becomes a disinfectant covering up to 1500sf. Viruses have no protections against oxidative stress. The ozone disinfection is performed in an empty environment; at the end of the workday following client sessions.
- **No overlap of clients in the office**
Client sessions will be spaced so that each client will have the office to themselves. It translates to each client entering into a fully disinfected office.
- **Wear a face mask & discretionary gloves**
Protecting you from me.

Client commitment

- **Remove shoes in reception area**
Our shoes tend to be forgotten when we're practicing disinfection.
- **Body temperature reading**
#1 contraindication to massage is a fever. 100.4°F indicates an infection in the body.
- **Wash hands before leaving home AND before you lie down on the massage table**
All door handles and surfaces upon entering every room of the office will be disinfected for your arrival.
- **Wear a face mask to your session**
The biggest advantage of wearing a face mask is protecting others from you. In these current times, it is advised in the event you are asymptomatic with the COVID-19 coronavirus.
- **Hand drying with laundered washcloths**
No more communal towel... ever!
Use the washcloths in the bathrooms or the disposable paper napkins. Place used washcloths in the designated basket under the sinks.
- (Optional) **Pre-pay up to 3 sessions with credit card**
Minimize cross-contamination at checkout