

Massage Therapy and COVID-19

Practice Guidance Highlights for Massage Therapists (RMTs)

✓ Enhance infection prevention and control measures

Clean & Disinfect

- Clean & disinfect everything used in treatment or by clients, between each client
- Clean & disinfect high touch areas (outside treatment area) at least twice daily
- Change linens, blankets and pillows between each client



PPE

- Wear surgical/procedure mask whenever within two metres of a client
- Have clients arrive wearing a mask and wear it for the duration of treatment



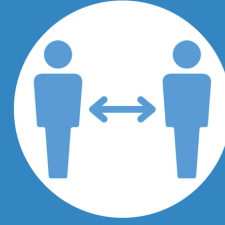
Hand Hygiene

- Wash hands (up to elbows) with soap and water before and after treatment
- Have clients (and anyone entering the environment) wash their hands or use sanitizer upon arrival and before leaving



Physically Distance

- Stagger appointments
- Rearrange waiting area
- Have clients arrive alone (if possible) and close to the appointment time



Screen

- Complete ongoing self-screening and do not provide treatment if you screen positive
- Screen clients for COVID-19 (before the appointment and when they arrive)



✓ Treat clients with more serious needs first

- Always weigh anticipated benefit of treatment with risk (including risk of COVID-19)



✓ Follow all relevant requirements, including:

- [COVID-19 Pandemic - Practice Guidance for Massage Therapists](#)
- [Ontario's Chief Medical Officer of Health Directives](#)
- [Ontario Ministry of Health \(MOH\)'s guidance for the health sector](#)
- [MOH's COVID-19 Operational Requirements: Health Sector Restart](#)
- [Public Services Health & Safety Association sector-specific workplace safety guidelines](#)



Have questions? We are here to help.



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