

# Massage Therapy and COVID-19 - What you need to know



## What to expect:

- You will be screened for symptoms before the appointment and when you arrive
- You will be asked to wear a mask and come to the appointment alone, if possible
- The RMT will wash their hands thoroughly and regularly, before and after treatment
- The RMT will wear a mask, and they may wear a face shield, goggles or other personal protective equipment



## Cleaning and disinfecting protocols:

- Items used during treatment will be cleaned and disinfected after each client
- Linens and blankets will be changed and laundered after each client
- The face cradle will be thoroughly disinfected
- Items that cannot be cleaned and disinfected or changed between clients will be removed from the treatment area



## What you can do:

- Stay home if you are sick or feeling unwell
- Let your RMT know if you have any difficulties wearing a mask
- Follow your RMT's guidance and ask any questions you have before, during and after treatment

Have questions or concerns about your treatment? We are here to help.



College of  
Massage  
Therapists of  
Ontario

1867 Yonge Street, Suite 810, Toronto, Ontario M4S 1Y5



(416) 489-2626 / (800) 465-1933



cmtomto.com

A small icon of a globe. [www.cmtomto.com](http://www.cmtomto.com)



@CollegeofMT



CMTOVideos