



MTAS

Massage Therapist
Association of Saskatchewan

GUIDELINES ON COVID-19 INFECTION PREVENTION AND CONTROL

Effective date: May 6, 2020

Contents

Acknowledgements	3
Preamble	4
Summary of guidelines.....	5 - 6
Screening.....	7 - 10
Hand hygiene	11 - 12
Environmental cleaning and disinfection	13 - 14
Physical distancing	15 - 16
Use of personal protective equipment (PPE)	17 - 18
Note on cloth masks	19
How to wear a face mask	20
Work restrictions	21
Additional resources	22
Client waiver: Covid-19 specific	23 - 24
Supplementary consent form: Covid-19 specific	25

We would like to acknowledge the contributions of the following groups and individuals to this document.

For permission to use their Infection Control and Practice Guidelines, our special thanks to the Chiropractors' Association of Saskatchewan and Saskatchewan College of Physical Therapists.

Grateful thanks to Michael Feraday, RMTAO, Gordon McDonald, RMTBC and MTAS members Ken Ansell, Mieka Dueckman and Shalla Riemer for reviewing and providing feedback on this document.

PREAMBLE:

The Government of Saskatchewan has outlined a [Re-Open Saskatchewan](#) plan that contains specific guidelines for residents of Saskatchewan, regulated health professions and businesses to limit the spread of COVID-19.

In addition to the specific guidelines outlined in the [Re-Open Saskatchewan](#) plan applicable to the return to practice of massage therapy clinics, the operational practices in this document are requirements that MTAS members must follow.

Understand that COVID-19 has created a very fluid, rapidly evolving environment and therapists and clinics will need to respond quickly to any changes signaled from both levels of Government.

It is anticipated that a new Public Health Order (PHO) will be in place prior to May 19th, 2020, and these MTAS guidelines will be reviewed and changed based on the precise wording of any new PHOs, when those occur.

MEMBERS ARE REQUIRED TO:

1. Follow all mandates and recommendations from Public Health and the Government of Saskatchewan regarding your personal and professional conduct. The MTAS Code of Ethics states that members must abide by applicable laws, regulations, and legislation, so you have both an ethical and legal obligation to follow any Public Health Orders from all levels of Government.

2. Read and follow all communication from the MTAS office.

The MTAS is consulting with the Ministry of Health and others and will adapt this guide based on expert recommendations. One of the mandates of the MTAS is to protect the public. This document has been created to help protect the public and instill confidence that clients can access safe massage therapy. To facilitate the ongoing care of clients at this time, and as clinics are permitted to resume providing care, the Board has approved the following guidelines on infection prevention and control.

GUIDELINES:

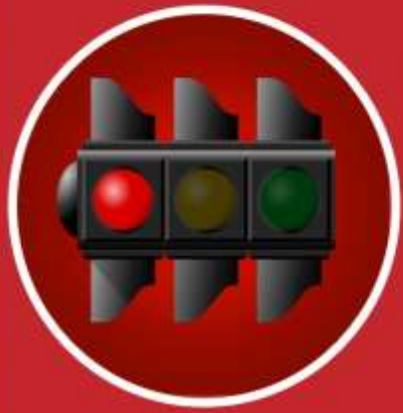
This document includes recommended guidelines regarding:

1. Screening
2. Hand Hygiene
3. Environmental Cleaning and Disinfection
4. Physical Distancing
5. Use of PPE
6. Exclusion or Work Restrictions during Illness

Outline of Mandatory and Recommended Actions

Mandatory = as stated by the Government under the Re-Open Saskatchewan Plan

MANDATORY	RECOMMENDED
➤ Follow directives of Public Health Officials.	➤ Follow guidance from MTAS.
➤ Screening questions at each treatment.	➤ Send out screening questions and waiver electronically prior to treatment time.
➤ No services to be performed on ill or symptomatic clients.	➤ Post screening questions outside treatment area.
	➤ Keep a registry of all people entering clinic (for contact tracing).
➤ Follow guidelines for environmental cleaning and disinfection.	➤ Install handwashing signage in washrooms.
➤ Approved hand sanitizers and/or hand washing facilities to be available.	
➤ Maintain physical distancing (space chairs in waiting areas etc.).	
➤ Enhanced cleaning and disinfection of all contact areas, between clients.	
➤ PPE – disposable mask, protective eyewear, and apron.	➤ PPE – gloves.
	➤ Wear different clothing to enter/exit clinic from that in which you treat.
	➤ Client mask – if you ask that they wear it, you should provide it; do not allow client to bring their own.
➤ Self-monitor for symptoms and use the self-assessment tool at Saskatchewan.ca/COVID19 .	
➤ Stay at home if sick (therapist and clients).	➤ Client to sign Covid 19-specific consent form.
	➤ Client to sign Covid 19-specific waiver at each treatment.



AVOID/DON'T

- Remove soft/porous surfaces from your treatment space and waiting room
- Remove unnecessary communal items (books, candy, magazines etc.), decorative items or anything you don't want to disinfect after every treatment
- Don't take cash. Use online payments or tap options instead
- Don't have multiple people in your waiting room
- Don't treat anyone who may be sick or showing any COVID-19-like symptoms
- Beverages should not be offered
- Avoid gathering in the breakroom and continue to follow physical distancing requirements



USE CAUTION

- Always wear appropriate PPE:
 - Surgical mask, protective eyewear and apron
 - Change mask when soiled or twice a day
 - Gloves if necessary
- Book clients with enough time in between to properly wipe down all surfaces, change sheets and towels
- Wash your hands and arms regularly and before and after each client following strict handwashing guidelines of at least 20 seconds
- Clients should attend appointments alone and no more than 5 minutes prior to appointment
- Keep treatment clothing separate from clothing to come/go to the clinic



SAFE/DO

- Screen clients when booking to ensure they are healthy enough to receive treatment
- Have touchless payment options, or wipe down your machine/phone after every transaction
- Follow checklist for all items that need to be disinfected between treatments
- Wash linens, towels and pillow/bolster covers in hot water
- Have sanitizer available in the room and thoroughly wipe down all surfaces between treatments
- Have clients sign waiver and consent form prior to treatment
- Wipe down all doorknobs and surfaces in waiting and treatment rooms

*Source: Saskatchewan Government Personal Care Services Guidelines

1. SCREENING

a. Members MUST assess and screen patients for symptoms of COVID-19 as per the recommendations of Public Health.

- The therapist should collect simple screening information on the phone at the time of booking the appointment and again in person at the time of the appointment.
- Clients should be reminded to reschedule should they become sick.
- No services should be performed on ill or symptomatic clients.

Screening questions:

- Do you have a fever and/or new onset of cough or difficulty breathing?
- Have you travelled out-of-province within the last 14 days?
- Have you been in contact with anyone who has travelled out of province in the last 14 days?
- Have you had any contact with a confirmed or probable case of COVID-19?

***Be careful in not mentioning at the beginning of questioning that if you answer “yes” to any of the above questions you will be denied access for treatment. Clients may not tell the truth; this is for the protection of you and other clients. A client who answers “yes” to any of the questions should not make an appointment.*

We recommend that you send out the screening questions and waiver electronically prior to the treatment time, to minimize contact.

Advise the client to cancel their appointment if subsequently experiencing ANY cold or flu-like symptoms or illness. Therapists and staff have the right to refuse treatment to a client if they appear to be presenting with symptoms.

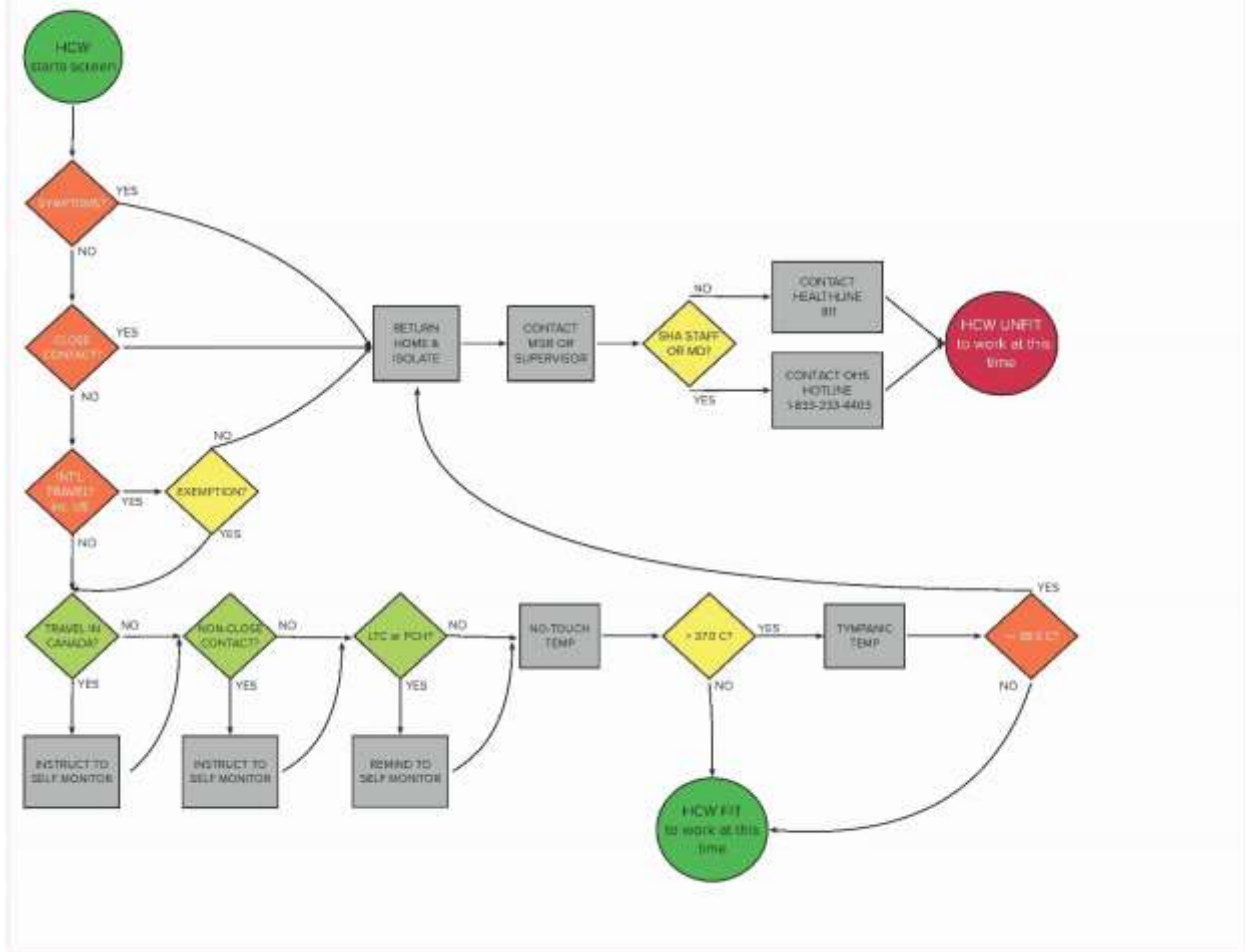
The information collected during screening should be considered part of your charting, and must be kept confidential, unless requested by Public Health for the purposes of contact tracing.

This tool is also useful for determining the correct course of action during screening:



SHA-HCW-Screening-
Process-Map.pdf

HCW Screening: Fitness for Work During COVID-19



- b. **Signage indicating screening criteria should be posted in a location that is visible before entering the clinic.** Clients exhibiting symptoms should not receive treatment and should be directed to call Healthline 811 or their physician's office.



Screening questions
Govt of Cda.pdf

READ THIS CAREFULLY

CSC is currently taking measures to ensure your safety, the safety of our staff and offenders and limit the risk of infection. To help us prevent the spread of COVID-19, we ask you to read this carefully and answer the questions below. Please act accordingly following the screening questions.

1 Are you **feeling sick**? (Examples include a **new cough, headache, weakness, fever, difficulty breathing, etc.**) Yes No

If yes then:

Return home. You may be required to **self-isolate** for 10 days and **not return until you have had** a minimum of 2 days symptom free.

Contact your manager.

If no then:

2 Have you **travelled outside Canada** in the past 14 days? Yes No

3 Have you had **close contact** with someone who **has been tested** for COVID-19 in the past 14 days and **has not yet received the results**? Yes No

4 Have you been in **close contact** with a person with **acute respiratory illness** who has **travelled outside Canada**? Yes No

If yes to one or more then:

Do not enter the building. Return home.

Contact your manager.

If your runny nose could be due to a seasonal allergy, or your headache is similar to any chronic headache that you may sometimes have, then you will be asked to speak to a nurse on site to provide advice as to whether you may work.

Reduce your risk of infection by:

- frequently washing your hands with soap and water for at least 20 seconds
- coughing or sneezing into your arm or tissue
- avoiding touching your eyes, nose or mouth with unwashed hands
- avoiding close contact with people who are sick to avoid spreading the illness to others

For more information on COVID-19, please visit: Canada.ca/coronavirus



- c. **A registry of all people entering the clinic should be kept**, to aid in contact tracing if required. This should include people in the clinic aside from clients (e.g. couriers, guardians accompanying a minor etc.) Include full name, date and time of visit. A simple spreadsheet will suffice and must be kept confidential unless asked to provide it by a Public Health representative. Consider it part of your charting.

First name	Last name	Date of visit	Time of visit

2. HAND HYGIENE

Hand hygiene is the most effective way of preventing the transmission of infections. All employees should be educated in proper hand hygiene techniques. Members shall ensure that hand hygiene products are available for employees and clients. Install signage in washrooms re: handwashing protocol.

Hand hygiene includes washing hands with soap and water or using alcohol-based hand sanitizer. Washing hands is preferred whenever possible. Alcohol-based hand sanitizer must be approved by Health Canada (DIN or NPN number), with a minimum of 70% alcohol.

Hand hygiene shall be performed:

- Therapists – when enter clinic; before contact with a client and after contact with a client (hand wash)
- Clients - when enter clinic (hand sanitizer)
- Administrative staff - when enter clinic; before and after client interaction (hand sanitizer)

Note: if hand sanitizer is unavailable, hand washing is acceptable.

Proper procedures for hand hygiene:

a. Procedure for washing hands with soap and water:

- Wet hands with warm water and enough soap.
- Apply enough soap to ensure lathering of all hand surfaces.
- Vigorously rub all surfaces of hands and wrists, including palms, between fingers, back of hands, wrists, fingers, fingertips, and thumbs.
- Rub hands for a minimum of 20 seconds.
- Rinse hands under warm, running water.
- Dry hands with disposable paper towels.
- Avoid re-contaminating hands after washing. Turn off faucet and open doors with a paper towel.
- Discard paper towels in waste receptacle.

b. Procedure for using alcohol-based hand sanitizer:

- Ensure hands are not visibly soiled and are dry before use.
- Apply an adequate amount of sanitizer to cover all hand surfaces.
- Vigorously rub sanitizer over all surfaces of the hands and wrists, including palms, between fingers, back of hands, wrists, fingers, fingertips, and thumbs.
- Hands should remain wet for a minimum of 15 seconds.
- Hands should be rubbed until completely dry.



fa_poster_handwash
ing_8-5x11_web.pdf

Handwashing Guidelines

Prevent spreading germs that can cause many illnesses

1

Take off your jewellery. Wet your hands with warm running water.



2

Apply some soap and create a lather by rubbing your hands together.



3

Wash all parts of each hand. Rub your hands together vigorously for at least 30 seconds.



4

Rinse your hands under warm running water. Leave the water running while you dry your hands.



5

Dry your hands with a clean disposable towel.



6

Using the towel as a barrier, turn the faucet off and open the door, then throw the towel into the garbage.



The information in this poster does not replace formal First Aid & CPR training.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:

myrc.redcross.ca | 1.877.356.3226 | redcross.ca/apps



3. ENVIRONMENTAL CLEANING AND DISINFECTION

The COVID-19 virus can survive for a time on different surfaces and objects. Frequent cleaning and disinfection are important to prevent spread of the disease. Cleaning products remove dirt, dust and oils, but do not always kills germs. Disinfectants are applied after cleaning to destroy germs, so surface cleaning may be required before disinfection, depending on the level of debris.

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures/guidance-for-health-care-facilities/cleaning-and-disinfecting-public-facilities>

<https://www.saskatchewan.ca/-/media/files/coronavirus/info-for-health-care-providers/infection-prevention-and-control/covid19-cleaning-and-disinfection-fact-sheet-for-public-facilities.pdf>

a. Proper disinfectant products:

- Many common household and commercial disinfectant products will destroy the COVID-19 virus. Common disinfectants include bleach solutions, quaternary ammonium (QUAT), alcohol (70%) and peroxide. **Vinegar, tea tree oil solutions, etc. are not proven to be effective disinfectants**.
- Disinfectants with an 8-digit Drug Identification Number (DIN) are approved for use by Health Canada. Ensure that the disinfectant used is appropriate for elimination of viruses.
- According to Health Canada, a disinfecting solution can be made by mixing one part of bleach into nine parts of water.
- The disinfectant product manufacturer's instructions shall be followed for use, safety, contact time, storage, and shelf life.
- Apply the disinfecting solution using a spray bottle or clean wiping cloth.

b. Disinfectant requirements:

- Clinical contact surfaces (e.g. massage tables, therapeutic tools and devices, procedural work surfaces, clinic room seats, etc.) shall be cleaned and disinfected after each client encounter. Allow enough time for the process to be effective, in accordance with manufacturer's instructions.
- Shared facilities (washrooms, laundry rooms, telephones etc.) should be cleaned and disinfected between clients.
- Any materials on clinical contact surfaces that cannot be properly disinfected shall not be used (e.g. fabric/porous coverings, unless they can be changed between each patient encounter. Proper cleaning and disinfecting of the underlying surface will still be required).
- Clothing and fabric items should be properly laundered and dried on the highest temperature setting possible.
- Commonly touched areas including light switches, door knobs, toilets, taps, hand rails, counter tops, touch screens/mobile devices and keyboards, should be cleaned and disinfected after each client encounter. A generally accepted principal is that the more it is touched, the more it needs to be cleaned.

- Water coolers, coffee/tea making supplies, books, magazines, toys, decorative items, draperies, remote controls, and any other non-essential items should be removed. i.e. **if a client might touch it, it must be removed (or be able to be disinfected between clients.)**
- A regular schedule for periodic environmental cleaning shall be established and documented.

CORONAVIRUS DISEASE (COVID-19) CLEANING AND DISINFECTING PUBLIC SPACES

This document provides guidance on cleaning and disinfecting of public settings, including schools, universities, public libraries, museums, public transit, communal residences and workplaces.



WHAT YOU SHOULD KNOW

- ▶ Surfaces frequently touched with hands are most likely to be contaminated. These include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics.
- ▶ It is not yet known how long the virus causing COVID-19 lives on surfaces, however, early evidence suggests it can live on objects and surfaces from a few hours to days.

CHOOSE A PRODUCT THAT CLEANS AND DISINFECTS

- ▶ When cleaning public spaces, choose products that clean and disinfect all at once (e.g. premixed store-bought disinfectant cleaning solutions and/or wipes when available).
 - **Cleaning products** remove germs, dirt, and impurities from surfaces by using soap (or detergent) and water. Cleaning does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

- **Disinfecting products** kill germs on surfaces using chemicals.

- ▶ Use only **approved hard-surface disinfectants** that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.

CREATE A CLEANING PROCEDURE

- ▶ Operators of community settings should develop or review protocols and procedures for cleaning public spaces. This will help determine where improvements or additional cleaning may be needed.
- ▶ Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).
- ▶ Wash hands with soap and water or use alcohol-based hand sanitizer after removing gloves.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

4. PHYSICAL DISTANCING

It is recommended to space appointment times to minimize patient waiting, the number of people in the facility at any given time, decrease overlap of interaction at the reception desk, and allow adequate time for proper cleaning of the treatment area between patients.

a. Clinical space management:

- Members of the public **MUST** be two (2) metres from each other. This includes:
 - Treatment areas
 - Waiting areas - seats **MUST** be spaced to maintain two metre distance
 - Transition areas and staff/break areas
- Employees and the public **MUST** be two (2) metres from each other.
- Reception and payment area - if two metres cannot be maintained at reception/payment area, other non-contact electronic payment means can be used, or installation of a plexiglass or plastic barrier to protect reception staff.
- The therapist should be two metres from the client when conversing.
- Stagger break times to reduce employee gathering numbers.
- Alternative solutions to waiting in the clinic should be considered. e.g. waiting in vehicles until their appointment time.
- Clients should attend appointments alone (except for minors) and arrive no more than 5 minutes before the appointment time.

b. Clinical schedule management:

- Appointments should be scheduled to facilitate physical distancing, and to ensure that no more than 10 patients are in waiting areas if physical distancing allows within the space.
- Do not bring extra people to the appointment unless absolutely necessary (e.g. minors).
- Ensure that anyone accompanying the client is not at risk or exhibiting any symptoms. These people must be included in the maximum of 10 people allowed.
- Enough time must be provided for all areas the client occupied to be thoroughly cleaned and disinfected.
- Clients should be encouraged to use credit/debit cards, or e-transfer for payment. Limit contact by allowing patients to scan/tap/swipe their own cards.
- Limit the exchange of paper – email receipts whenever possible.



social-distancing
poster.pdf

PHYSICAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Here's how you can practise physical distancing:

- greet with a wave instead of a handshake, a kiss or a hug
- stay home - as much as possible, including for meals and entertainment
- grocery shop once per week
- take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family



If possible,

- use food delivery services or online shopping
- exercise at home or outside
- work from home

Remember to:

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often
- self-monitor for symptoms of COVID-19 including:
 - cough
 - fever
 - difficulty breathing

If you're concerned you may have COVID-19:

- separate yourself from others as soon as you have symptoms
- if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- stay home and follow the advice of your Public Health Authority, who may recommend isolation
- call ahead to a health care provider if you are ill and seeking medical attention

NOTE: Some people may transmit COVID-19 even though they do not show any symptoms. In situations where physical distancing is difficult to maintain, wearing a **non-medical mask or face covering** (i.e. **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) provides a barrier between your respiratory droplets and the people and surfaces around you. It may also stop you from touching your nose or mouth, which is another way the virus can get into your body.

The Government of Canada has implemented an Emergency Order under the Quarantine Act. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- if you have travelled and have no symptoms, you must **quarantine** (self-isolate)
- if you have travelled and have symptoms, you must **isolate**

FOR MORE INFORMATION:

@ canada.ca/coronavirus

1-833-784-4397



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

5. USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Personal protective equipment (PPE) is intended to reduce the transmission of microorganisms to and from the user. It does not completely eliminate the risk of acquiring an infection.
- If used incorrectly, PPE will fail to prevent transmission and may facilitate the spread of disease.
- Note that the use of PPE does not replace the need for proper handwashing.
- Avoid contact between any contaminated (used) PPE and surfaces, clothing or people outside the client care area.
- Discard the used PPE in bags dedicated for that purpose, and dispose of waste appropriately.
- Do not share PPE.
- Avoid touching your face/hair or any other part of your body.

The requirements for PPE are being updated by the Government on an ongoing basis. <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/information-for-health-care-providers/ppe-infection-prevention-and-control>

It is advised that therapists monitor the Government of Saskatchewan website for changing requirements and responsibilities.

In keeping with the recommendations of the Chief Medical Health Officer regarding appropriate PPE use when physical distancing cannot be maintained, the following guidelines **MUST** be followed. This equipment will prevent the spread of droplets, from sneezing, coughing and exhaling, to those around you. PPE required by personal service providers includes:

- **A surgical/procedure mask must be worn** by the therapist when treating. As per Saskatchewan Health Authority guidelines, one mask may be used for an 8-hour work shift, but must be discarded and replaced when wet, damaged or soiled, when taking a break, and at the end of the day. N95 respirators are not required. ***Cloth masks are not permitted.***



- **Single use gloves may be used but are not required** for most massage therapy services. If gloves are used, they must be changed in between each client encounter and be accompanied by proper hand hygiene between every glove change. Hands must be washed between each treatment.
- **Any eye protection that fully covers your eyes** – goggles, safety glasses or a face shield. *Prescription glasses are not classified as appropriate eye protection.*
- **Aprons of either cloth or a plastic material can be worn.** Cloth aprons must be changed between clients and laundered on the hottest setting. Plastic aprons should be cleaned and

disinfected (as per <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures/guidance-for-health-care-facilities/cleaning-and-disinfecting-public-facilities>) between clients and then can be reused.

- It is recommended that therapist wear different clothes into the clinic than those in which they treat. Change back into the clothes you wore to the clinic to return home.
- Disposal: two specially designated bags for dirty PPE – one for disposable and one for washable. Double bag at end of day and put into normal trash or laundry.

In addition to wearing PPE, you should provide access to tissues, no-touch trash receptacles, hand soap, alcohol-based hand sanitizers approved by Health Canada (DIN or NPN number) and disposable towels.

All workers, especially those in contact with the public, should self-monitor for symptoms and use the self-assessment tool available at <http://www.saskatchewan.ca/COVID-19>.

The Government of Saskatchewan is aware that businesses are having challenges sourcing the PPE they need to operate safely. Government officials are consulting with industry to identify approved PPE suppliers. This list is posted on the [MTAS Covid-19 webpage](#), along with contact details for various other suppliers who may have PPE in stock.

PPE must be donned and doffed using the following specific sequence to prevent contamination. https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS_Website/modules/ipc-guide-to-ppe-update/story_html5.html

****We are investigating how to make online PPE training available for members via the Red Cross. More details coming soon****

Donning mask:

1. Perform hand hygiene.
2. Put on mask. Secure ties to head or elastic loops behind ears. Mould the flexible band to the bridge of nose (if applicable). Ensure snug fit to face and below chin with no gaping or venting.

Doffing mask:

1. Perform hand hygiene.
2. Carefully remove mask by bending forward slightly, touching only the ties or elastic loops. Undo the bottom tie first then undo the top tie. Discard the mask in the garbage.
3. Perform hand hygiene.

More information on proper PPE use can be found at www.saskatchewan.ca/covid19-providers .

This link outlines the procedure in video format:

https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS_Website/modules/ipc-guide-to-ppe-update/story_html5.html



COVID19_SurgicalMa
skPoster.pdf

NOTE ON CLOTH MASKS (Government of Saskatchewan Re-Open Saskatchewan Plan):

While the primary cause of COVID-19 transmission is people who are symptomatic, there is increasing evidence that some COVID-19 infected people never develop symptoms or are not yet sick and are able to transmit the virus.

Health officials have agreed that wearing a non-medical mask – even if you have no symptoms – is an additional measure you may take to protect others around you, particularly in situations where the recommended physical distancing cannot be maintained such as public transit.

Wearing a non-medical mask will not prevent you from getting sick. However, it is another way of covering your mouth and nose to prevent your respiratory droplets from contaminating others or landing on surfaces.

People should also be aware that masks can become contaminated on the outside or when touched by hands.

- Avoid moving the mask around or adjusting it often.
- Masks should not be shared with others.

A homemade mask does not replace proven public health measures. The best way to prevent the spread of COVID-19 is to continue to:

- stay home as much as possible;
- practice physical distancing;
- wash your hands for at least 20 seconds with soap and water; and
- cover your cough or sneezes with tissues or your sleeve.

Individuals choosing to wear a non-medical mask need to understand their limitations and how to safely use them. Information is available on the Public Health Agency of Canada website: [Considerations in the use of homemade masks to protect against COVID-19.](#)



Coronavirus COVID-19

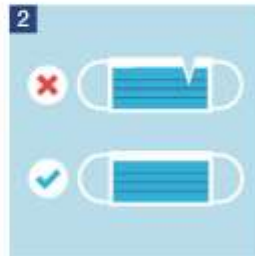
BC Centre for Disease Control | BC Ministry of Health



How to Wear a Face Mask



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.



If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300



6. Exclusion or Work Restrictions during Illness

Therapists and staff must self-monitor for symptoms and use the self-assessment tool available on the Government of Saskatchewan's website. (<http://www.saskatchewan.ca/COVID-19>)

- If the therapist or staff exhibits any symptoms of COVID-19, they must stay at home or be sent home and should follow the advice of Public Health officials before returning to work.
- When anyone goes home sick, their work areas must be cleaned and disinfected.
- Upon recommendation by Public Health officials, the member or staff may return to work at the clinic.
- The advice of Public Health officials **MUST** be followed regarding impact on clinic operations during these periods.

Therapists are encouraged to call HealthLine 811 or the Government's Business Response Team at 1-844-800-8688 if they are aware of a client who has visited their clinic and is now testing (or has tested) positive for COVID-19.

Additional Resources and References:

(Ctrl + click on the links to open or copy and paste into a new browser window.)

[Re-Open Saskatchewan Plan](#)

[Government of Saskatchewan COVID-19 Resource Page](#)

[Government of Saskatchewan – PPE Infection Prevention and Control](#)

[Government of Saskatchewan Support for Businesses and Business Response Team](#)

[Government of Canada COVID-19 Resources](#)

Waiver for consent to treatment

The MTAS's legal council has prepared this waiver for use by all MTAS members. (See following page). Use of the waiver is in the best interest of both the therapist and the client.

It is recommended that the waiver be completed at the same time as the mandatory screening questions, pre-treatment. With each screening protocol, either a new waiver and or date and initial on the original document is recommended.

The therapist should consider their risk and potential liability if they choose to treat a client who has refused to sign the waiver or has answered the mandatory screening questions with positive responses.



MTAS WAIVER / RELEASE

I, _____, acknowledge that _____ (the “Therapist”), in returning to work, has confirmed to me that he/she has adhered to all health standards and guidelines set out by the Government of Saskatchewan relating to COVID 19.

The Therapist has confirmed to me that they have complied with all hygiene and practice standards imposed by the *Massage Therapist Association of Saskatchewan* (MTAS). Notwithstanding the Therapist has complied with Personal Protection Equipment requirements and complies with the appropriate guidelines, the Therapist cannot guarantee there will be no contraction of COVID 19 arising out of treatment.

This form constitutes a release and waiver of the Therapist from liability should COVID 19 be contracted through treatment. I acknowledge I have been requested to execute this release and it is a condition of my receiving treatment from the Therapist, and failure to execute this Waiver and Release may result in treatment being refused.

1. I ACKNOWLEDGE and AGREE I understand the nature of the treatment I have requested.
2. I CONFIRM I am not currently showing any symptoms of COVID 19, and I have not, to my knowledge, contracted COVID 19, and I am aware of the COVID 19 symptoms.
3. I HEREBY RELEASE, WAIVE and DISCHARGE the Therapist, his/her administrators, employees, officers, agents, successors, heirs and assigns from all liability, actions, demands, and proceedings arising from my contracting COVID 19 as a result of my treatment.
4. I ACKNOWLEDGE I have read this Waiver and Release and fully understand its terms and I have signed it freely and without any inducement or assurance of any nature; and I intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law relating to my contracting COVID 19 from treatment. If any portion of this Waiver and Release is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

This Waiver and Release shall be governed by and construed under the laws of the Province of Saskatchewan.

PRINTED NAME OF PATIENT: _____

PATIENT SIGNATURE AND DATE: _____

PRINTED NAME OF MESSAGE THERAPIST: _____

MESSAGE THERAPIST SIGNATURE AND DATE: _____



Supplemental Consent form – COVID-19

- Due to the infectious nature of COVID-19, this additional intake form must be completed before each massage therapy session. Please know that people with COVID-19 can be asymptomatic and still be contagious.
- There is no way to completely protect ourselves from this virus.
- Ask for the checklist of precautions to see how I am disinfecting my clinic between sessions.
- Please answer these questions truthfully and do everything asked so we can do our best to protect each other. Thank you!

1. Testing status.

Have you been tested for COVID? Y/N The antibody? Y/N
 When? _____ What were the results? _____

2. Symptoms – are you experiencing:

- Fever >38C?	Y/N	- Fatigue?	Y/N
- Cough?	Y/N	- Chills?	Y/N
- Sore throat?	Y/N	- Nasal or sinus congestion?	Y/N
- Shortness of breath?	Y/N	- Sudden onset unexplained body aches?	Y/N
- Sudden loss of taste and smell?	Y/N		

3. Exposure: Are you aware of having been exposed to someone with COVID-19 or anyone who has been exposed to someone with COVID-19? Y/N

4. Travel.

- Have you done any air travel, domestic or international, recently? Y/N
 - Have you traveled to any places with a high infection rate, where people have not been isolating (no stay at home order), or been in any groups of people where social distancing was not observed? Y/N

5. Precautions.

What precautions have you taken to limit your exposure to the virus? _____

6. High risk contact.

- Do you spend time around anyone considered high risk, such as elderly with co-morbidities or immunocompromised family members? Y/N

7. Requested Actions

- Are you willing to wash or sanitize your hands upon entering my office and post-massage? Y/N
 - Are you willing to wear a face mask at all times in my office and during the treatment? Y/N

Printed name of client: _____

Client signature: _____ Date: _____

Massage therapist signature: _____ Date: _____