



### **What PRM Sports Therapy is doing to work with the Covid-19 Pandemic.**

1. Due to the infectious nature of COVID-19, an additional intake form that everyone will need to fill out and sign prior to their session – both client and therapist will sign
2. Facemasks: When face down, client does not have to wear a facemask. When face down on the table, if the client chooses not to wear the facemask, there will be a pillowcase inside the face rest allowing you to breath easier and still protect the air from air droplets from the client. When face up, a facemask will be required when upper body work (arms, neck) are being worked on due to proximity. Option while therapist is working on the lower body (legs, feet).
3. As one enters the room, the client will ask to place hand sanitizer on their hands (provided by the therapist)
4. Forehead temperature reading by a no-touch infrared thermometer will be taken and recorded (anyone with a temperature of 100 degree or more will need to post-pone their session and will be advised to see their primary care provider)
5. Utilizing a Pulse-oximeter, a read out of your blood/oxygen levels will be recorded. Though this will not tell if someone is infectious, but can be good data for early onset sickness due to Covid-19
6. There will be a fan in the room circulating the air so there is less stagnant air keeping congested air droplets in one concentrated place.
7. An air purifier with a HEP filter will be used to circulate and clean the air
8. Therapist will be wearing goggles while working on the neck of the client.
9. Once the session is complete and the client has left, all surfaces that were touch will be sanitized. Table will be wiped down and as always new sheets added to the table.
10. A UV-C (Ultraviolet-C) light will be used to disinfect the room when the clients are done for the day.
11. 14 days after the client has come in, the therapist will send out an email to the client inquiring if they have had any COVID-19 symptoms since the last appointment. (if symptoms have arise sooner than the 14 days since last visit, we ask the client to reach out to inform PRM Sports Therapy)

Safety is first priority for both parties. PRM Sports Therapy is following the guidelines set forth by the Washington State Department of Health. We ask that if anyone is showing any signs or symptoms of any illness, that you reschedule your appointment. Being sick, weather it is COVID-19, the Flu or just your average cold places the therapist at risk and all other clients seen in the room.