

Hito Bodyworks  
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## COVID-19 Preparedness Plan

Hito Bodyworks would like to offer services to those who feel comfortable receiving bodywork at this time. If you or someone you have frequent contact with is among the population that is vulnerable to complications from covid-19, you may wish to wait until there is further progress in quelling the pandemic. Older adults and people who have severe underlying medical conditions are at higher risk for developing serious complications from covid-19 illness.\*

Covid-19 is spread primarily through person-to-person contact within close proximity (less than 6 feet apart) via respiratory droplets which can land on or be inhaled by others.\* Larger droplets are expelled during a cough or sneeze and sink to the ground within one minute.† Smaller droplets, sometimes referred to as micro-droplets or aerosols, are expelled in greater amounts during loud talking or heavy breathing.† These micro-droplets can hang in the air for up to 3 hours in unventilated rooms, but they quickly disperse with air movement.†

**While there is no way to stay six feet apart from each other during a session,** there are several other ways that the risk of transmission can be reduced. The following protocols will be in place at Hito Bodyworks:

1. In order to create a barrier against respiratory droplets, **MC will greet clients wearing a cloth mask** and continue to wear it until clients leave.

2. **Clients are asked to wear a face covering during conversational times** before and after the session, but it is not necessary during the session as it may interfere with breathing and comfort; however, clients who prefer to wear one may do so. Clients are asked to keep any talking during the session focused on communication about the work at hand.

3. In order to facilitate dispersal of respiratory droplets, **windows will remain open during hours of operation.** On cold days, the heater will also be on and the heating pad on the massage table can be turned on for individual comfort.

4. In order to ensure that enough time has elapsed for respiratory droplets to disperse, a **minimum of 30 minutes will transpire** between departure of last client and arrival of next client. Clients are asked to come *no more than* 5 minutes before scheduled appointment time.

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Covid-19 can also be spread by touching a contaminated surface and then touching the mouth, nose or eyes.\*\*

Whether and how long covid-19 can survive on a surface depends on the material it is made from, lasting longest on plastic and stainless steel.§ Fabric is not conducive to the survival of covid-19.|

1. In order to kill any infectious germs, surfaces such as doorknobs, railings, faucet handles, pens and iPad will be **wiped with disinfectant after departure of each client**.
2. Sheets are always washed in hot water with laundry soap, sanitized with white vinegar, and dried in high heat.
3. One towel per client--hand towels are always laundered after each client's use.

Please note that while all of these precautions are being taken, covid-19 is still a threat to vulnerable populations and a burden on the health care system. The spread of disease is always a risk in close proximity with others. Please consider your circumstances before making an appointment, and do so only if you feel the risks are minimal for your situation.

If you begin to feel ill, even if you're sure it's not covid-19, please cancel your appointment and wait until you are feeling better to come in. As always, it's important not to spread illness of any kind to others. If you know you've been exposed to covid-19, even if you do not have symptoms, please cancel your appointment and wait until 14 days of self-quarantine has passed before you come in.

Thank you for your cooperation, and I look forward to seeing you when the time is right for you!

#### Resources:

\* Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

\*\* Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

† World Economic Forum <https://www.weforum.org/agenda/2020/04/coronavirus-microdroplets-talking-breathing-spread-covid-19/>

§ New England Journal of Medicine <https://www.nejm.org/doi/full/10.1056/NEJMc2004973>

| WebMD <https://www.webmd.com/lung/news/20200401/coronavirus-on-fabric-what-you-should-know>