



# COVID Prevention at Be Fluid Bodywork

## **MASKS ARE OPTIONAL**

If you come in wearing a mask, Patricia will wear one. Otherwise, Patricia will be unmasked.

## **COMMUNICATION IS KEY TO PREVENTION**

Be Fluid Bodywork hasn't had any close calls with COVID that we're aware of.

Open communication has been the most significant factor for a COVID-free office. Please communicate with me if you have active cold or flu symptoms or if you have had a known close contact or tested positive in the days prior to your appointment.

I will do the same.

Cold or flu symptoms that are most worrisome for transmission are:

- unusual fatigue combined with other symptoms of flu or cold
- fever combined with other symptoms of flu or cold
- any of the above combined with a known exposure or recent attendance at a large event.

Really, it's never been advised to come to a bodywork appointment when in the throws of a contagious illness. This is nothing new.

Unlike massage, Bowenwork is safe for people who are ill as long as we discuss the situation and agree that the need for symptom relief outweighs our joint concerns about risk of transmission.

Not sure if your symptoms require cancellation? Contact me to ask.



## **OTHER INFECTION CONTROL MEASURES**

- Constant room ventilation with a HEPA filter during office hours.
- At least 15-minutes with the office door open and a fan and/or second HEPA filter going between each appointment.
- Cleaning of surfaces between each client with EPA-registered cleaner.
- Clean linens, blankets, therapist apron and hand towels for each client.
- Frequent handwashing by therapist--before, during and after your session.

## **DO NO HARM**

In the spirit of "do no harm," Be Fluid Bodywork makes every effort to make the office a COVID-free zone. We've all been at this since 2020, so we know there are no guarantees when it comes to COVID-19 or other airborne respiratory bugs.

**Thank you for respecting that maintaining a hygienic space and open communication are core values of Be Fluid Bodywork.**