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I am delighted to have returned to work albeit with some precautions. As you know interaction with people and places in the time of COVID has its challenges. There are no guarantees, but over the weeks, agencies and practitioners have been working diligently to meet the challenges of creating as safe as possible environment and procedures to decrease the opportunity for covid to spread.

**Guidelines- REVISED/Requirements for bodywork during COVID-19 times.**

**Procedures are in place**, as tedious as they may seem, they are for your safety and well-being.

For every requirement that seems tedious, I am sorry, and please apply the statement “it’s for your health and well-being. By all accounts, things have been going well, the procedures are now pretty commonplace and flow easily. We’re all taking care of each other with these requirements by keeping exposure risk low.

Our overall aim is “do no harm”, we cannot promise a ‘no risk,’ the disease being what it is. So practices are aligned with keeping exposure risk as low as possible to myself, to clients, and to the building in general for everyone’s well-being.

To that end, the center has done a wonderful job in dealing with each aspect of recommended procedures. They have county approval to open and have met other guidelines under the FSMTB.org which is The Massage and Body work standard for COVID 19 considerations in returning to work. I am pleased they have risen to this level of consideration. There are practices in place for diligent disinfecting of frequently touched non-porous surfaces regularly throughout the day and after clients, UV light for porous surfaces(chairs/rugs) between clients in treatment rooms and, nightly vacuuming, deep clean bathroom disinfecting and laundry disinfecting.

**In the treatment room itself**, I will be disinfecting nonporous areas between clients with COVID required cleaners, and I have added a hepa air filter/cleaner in the room. I will be using hand sanitizer or hand washing with soap and water liberally. These are just a few of the mandates that I am complying with, (I have not listed them all here).

Scheduling is now open with cautions. I am happy to see folks who have been following safety guidelines. If you have questions, please ask me.

**I will be decked out in PPE.** I am required to wear a face mask, and I am required to wear clothes that can be used for 1 client only or have disposable gowns. Gloves are required if contact with body fluids(blood) is suspected, but your being clothed, makes that less necessary. As we have learned more, I no longer wear goggles that fit over my glasses but will gladly wear them on request. I also am vaccinated.

I am required to monitor my own health. I will be doing my own temp checks morning and lunch and dinner if pm clients; also completing same checklists regarding my own health. I am still limiting exposure in general, but have begun working with other vaccinated colleagues.

**Keeping infection risk low for everyone requires your cooperation too! As I have been working over the last month or so I have found ways to streamline some of the procedures.**

What does this mean for you?

* The facility has a waiver for you to sign. I will send it to you via attachment and you can print, sign and bring it with you on your first visit. Sorry you cannot enter the building without it being signed.
* As usual, Schedulicity will send to you an email reminder of your appointment.
* I have stopped doing morning screenings -Basically – ask yourself – are you well, do you have any unusually high temperature, have any new symptoms, have you been exposed to others who have symptoms, or do you have reason to believe they are not well in the last 14 days? If you have any doubts, please reschedule.
* When you arrive, you can simply text me that you have arrived, and I will come to the door to receive you. This will avoid congestion with other practitioners and clients at the front door, in keeping with social distancing.
* You will have a quick temp check (touch free) and a confirmation that you are well.
* You will need to wear a mask. Sorry, but non-negotiable under healthcare rulings unless to do so would aggravate an existing breathing problem. Bring one from home, or I will have disposable one’s for you to use and dispose of as you leave. I find the disposable ones more breathable and comfortable over time, but choice is totally up to you.
* Feel free to ask me about handwashing for standard precautions if you have never had reason to learn –
  + Basically its 20 seconds of thorough handwashing with lots of soap and friction. You have perhaps heard “sing happy birthday twice”. Or whatever song you prefer.... dry with single use paper towels or air dryers
* From there, it is onward to the room. All surfaces will have been disinfected between uses.
* On your first visit at the center, I will collect the extra paperwork dealing with covid. There are several forms that you will need to print, sign and bring

is an informed consent form stating you understand the risk you are undertaking and do so willingly. That if a COVID exposure is suspected your contact details might be released to health officials if needed. This is NOT your health records! But as you know outbreaks are being traced. I hope we never need this option, but it is a requirement of re-opening. First visit only

* + a health form reviewing your wellness and possible exposure to COVID For clients who come frequently I have an amended form which allows for multiple visits and you can sign it on each visit rather than print a form for each visit
  + a waiver for the center acknowledging your acceptance of risk in coming to the center – first time only
* Payment procedures will include hand sanitizer for your protection.
* You are requested to report back if you develop any flu-like symptoms or tested positive for COVID within 14 days of your visit.

It’s a lot to take in.. I know...

**Breathe..**. we’ll do fine... we’re working together to keep everybody well..,

I will do my best to minimize the disruptions and help things flow smoothly.

If you have questions... please email me, call me, or text too..(although most of you know my texting (sp) is not good)

Thanks.. and let’s stay well in body, mind and Spirit