

Dear friends,

I am happy to announce I will be resuming my massage practice at Select Chiropractic beginning July 7th. I will be available every Tuesday and every other Saturday for appointments. From here on and until further notice, I will be introducing some changes in the procedures for you to come in the office to get a massage. These are precautionary steps in an effort to keep you and me protected.

WHAT TO EXPECT BEFORE YOUR SESSION

- All Clients must answer the following health screening questions 24 hours prior to their session over the phone and at time of session (written):
 - 1. Have you had a fever in the last 24 hours of 100°F or above? Yes No
 - 2. Do you now, or have you recently had, any respiratory or flu symptoms (including fever, chills, sore throat, cough, muscle aches, or shortness of breath)?
Yes No
 - 3. Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms? Yes No
 - 4. Have you traveled anywhere outside of the state in the last two weeks? Yes
No Location: _____
 - 5. Have you had a new loss of sense of taste or smell? Yes No

- According to the city of Kansas City mandate, clients are required to wear a mask upon entering the clinic to get a massage. Therapist will also wear a mask.
- Clients are required to have their temperature checked via a touchless thermometer prior to their session. Clients with a temperature of 100.4 or higher must reschedule their appointment with no late cancel fee or penalty. (Massage Therapist temperature will be taken at the start of her shift.)
- The entire room is disinfected, including table, bolster, face cradle, door handles, drawer handles, cabinets, stools, and light switch.
- Room will be prepared with fresh linens and face cradle cover.

- Massage therapist will wash her hands before going to the lobby to greet her guests.

AFTER EACH SESSION

- 15 minute turnover period added between each session to perform the necessary sanitation protocols and complete the procedures detailed above.
- Massage Therapist will change into a fresh uniform shirt and protective apron.

These extra steps may seem like a burden to our massage routine. Hopefully you will see it as an extra layer of protection to keep us safe. Please, do not hesitate to call or email if you have any questions about procedures or if I can accommodate your needs. I am looking forward to seeing you again at the Massage Table.

In Wellness,

Angelique Staggs, LMT/NBCMTB