



Within Balance

Massage Therapy Surrounding Birth

Your health and well-being are important to us at Within Balance. The following information highlights current protocol about COVID, which can be applied to other respiratory illnesses such as Influenza (Flu).

Awareness of COVID-19 Symptoms

For your health, as well as for an upcoming appointment, consider if you or anyone you have come into contact with in the last 14 days has experienced any of the symptoms below related to COVID-19. If needed please cancel your appointment, and be assured that cancellation fees will not apply in this circumstance. You may reschedule your appointment at least 14 days in the future if you are negative for COVID.

- Fever (>100.4 degrees Fahrenheit) or chills
- Cough
- Muscle or body aches
- New loss of smell or taste
- Nausea/diarrhea/vomiting
- Shortness of breath/difficulty breathing
- Sore throat
- Fatigue/feeling ill
- New or unusual congestion/runny nose
- New or unusual headache

Client Responsibilities

- Before your appointment - monitor your health and if you're experiencing any of the COVID-19 symptoms above, contact Deanne to cancel your appointment. Cancellation fees will not apply in this circumstance. You may reschedule your appointment at least 14 days in the future if you are negative for COVID.
- At your appointment - wear a face mask if you prefer and/or you may request for Deanne to wear a face mask.
- After your appointment - continue to monitor if any COVID-19 symptoms arise. Contact Deanne if you experience any symptoms within 10 days of your appointment.

Deanne's Responsibilities

- Monitor personal health and any appearance of COVID-19 symptoms as described above
- Separate linens for all clients (standard practice)
- Disinfect all surfaces with an EPA approved disinfectant before and after massage sessions (standard practice)
- Sanitize and/or wash my hands before, during, and after the massage appointment (standard practice)
- Wear a face mask per client request

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