

WHAT TO EXPECT FROM **YOUR MASSAGE THERAPY TREATMENT** DURING COVID-19



BEFORE YOUR APPOINTMENT

- You will be virtually screened for your risk of COVID-19
- Be patient and assess your needs. RMTs will prioritize essential/urgent patients first
- Ask your RMT about new public health measures in place

WHEN YOU ARRIVE

- You will be screened for your risk of COVID-19
- Wash your hands
- Wear a mask
- Practice physical distancing
- Arrive alone, as close to your appointment time as possible.



BEHIND THE SCENES

- Linens, blankets and pillows will be changed and cleaned after each appointment
- Treatment room will be completely disinfected between each appointment
- All surfaces will be cleaned and disinfected often

DURING YOUR TREATMENT

- Wear your mask
- Your RMT will also be wearing a mask



AFTER YOUR APPOINTMENT

- Wash your hands
- Contactless payment if possible (tap your card)
- Practice physical distancing