



Handcrafted Therapy
5509 Pleasant Valley Dr., #50
Plano, TX 75023
972.658.7722
www.handcraftedtherapy.com

Checklist for Massage Therapy Customers

The following are the health protocols for all customers receiving massage therapy or other personal care services with Handcrafted Therapy. These protocols are in place as directed by the Texas Department of State Health Services, OSHA, and the CDC.

Please note: The virus that causes Covid-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes Covid-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Individuals aged 65 or older are at a higher risk of Covid-19. You should stay at home as much as possible.

Please initial beside each statement:

_____ I understand that I will be **required** to wear a face mask over the nose and mouth before, during, and after all treatments. If you don't have access to a face mask, please let us know and we will provide one to you for \$10. Wearing a mask is of utmost importance because of the close proximity between individuals.

Note: if you have a difficult time breathing while face down during the massage, arrangements will be made for you to get some relief by placing a pillowcase loosely on the face cradle under your face. If you do not think you will be able to breathe or believe that this would cause issues, please do not schedule an appointment at this time.

_____ I will maintain at least 6 feet of separation from other individuals. If such distancing is not feasible, I will ensure that other measures such as face covering, cough etiquette, cleanliness, and sanitation will be rigorously practiced.

_____ I will wash my hands upon entering the spa for at least 20 seconds and after any interaction with anyone or anything in this establishment including after the payment process.

_____ I will carry and use hand sanitizer regularly inside the spa to disinfect hands, especially after interaction with individuals outside the household.



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_____ I have self-screened and have none of the following new or worsening signs or symptoms of possible Covid-19:

- | | |
|--|---|
| <input type="checkbox"/> Cough | <input type="checkbox"/> Shortness of breath or difficulty breathing |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Repeated shaking with chills |
| <input type="checkbox"/> Muscle pain | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Sore throat | <input type="checkbox"/> Loss of taste or smell |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Feeling feverish or a measured temperature greater than or equal to 100 degrees Fahrenheit |
| <input type="checkbox"/> Known close contact with a person who is lab confirmed to have Covid-19 | |

_____ I understand that I will get my temperature taken with a no touch forehead thermometer upon arrival to the spa.

_____ I will wait in my car or outside at least 6 feet away from others prior to any appointment. Your therapist will contact you when you are cleared to enter.

_____ I will not bring anyone else with me to my appointment.

_____ I understand that contactless payment is preferred and will do my best to adhere to that.

_____ I will do my best to minimize touching anything while in the spa including retail supplies, walls, curtains, art, and furnishings.

_____ I am **over the age of 65** and understand my risk. I have been strongly urged to stay at home as much as possible and that I am at a higher risk of Covid-19.

Please note that public health guidance cannot anticipate every unique situation. Individuals should stay informed and take actions based on common sense and wise judgement that will protect health and support economic revitalization.

Client's signature

Date

Therapist's signature

Date