



# Oregon

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**Board of Massage Therapists**

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## **COVID-19 Supplemental To The Oregon Health Authority (OHA) Reopening Guidance**

The Oregon Health Authority has released the Phase One Reopening Guidance for Personal Services Providers. This sector includes Licensed Massage Therapists. [Here is the link](#) to that guidance document (please see attached as well). Also, the [Oregon Health Authority \(OHA\) website](#) provides up to the date information regarding the COVID 19 pandemic, [Here is the link](#) to the OHA website.

In an effort to provide clarification to licensees, the Oregon Board of Massage Therapists (OBMT) met on May 18, 2020, and reviewed the Reopening Guidance. The following information is supplemental to the Reopening Guidance and specific to Oregon Licensed Massage Therapists.

- (1) Oregon LMT's, as part of the therapy they provide, usually provide a client with water after a massage therapy session. The Reopening Guidance requires the removal of all unnecessary items such as magazines, newspapers, service menus, and any other unnecessary items such as paper products, snacks, and beverages. The Board suggests that before the massage therapy session, the client be informed to bring their water and leave it with their personal belongings (e.g. in their car) for use after the massage.
- (2) Oregon LMT's are not required to create client records (e.g. SOAP notes). However, with the Guidance requirement to keep client contact information for **sixty (60) days** to aid in contact tracing. It is recommended that LMT's record that they asked the required screening questions with the resulting answers. It is also recommended that LMT's keep those records for as long as required under Oregon law.
- (3) In the Guidance, the use of "Capes" is mentioned. Since Massage Therapists do not use "Capes" in their practice, a cape is not required.
- (4) The Personal Services Guidance states that each practitioner should wear a clean smock with each client. Businesses may consider using disposable smocks/gowns for one-time use. OBMT has reached out to the Department of Justice (DOJ) for direction on this requirement since LMT's generally do not use smocks in their practice. **In response, the Governor's Office, the Oregon Health Authority and the Department of Justice all agree that the guidance doesn't require the practitioner to wear a smock if the practitioner does not wear one as part of one's profession. Nonetheless, LMTS should change from anything that touches the client.**
- (5) The Guidance states that you should wash hands with soapy, warm water, for a minimum of 20 seconds between each client service. Since many massage therapists use elbows, feet, forearms, etc., the Board recommends that you should wash or sanitize any part of the body that comes into direct, skin to skin contact with a client.

(6) The Board has received questions regarding the requirement to thoroughly clean restroom facilities at least once daily and ensure adequate sanitary supplies (soap, toilet paper, hand sanitizer) throughout the day. Some of the questions regarding restrooms were more specifically about restrooms shared with other businesses in a complex where the landlord cleans the restroom. The answer is that you are required to comply with these requirements for your client's safety so you must have a conversation with your landlord and inform them and ensure this requirement is met.