

# What You Need to Know About Coronavirus

Reports of the Coronavirus (COVID-19) in the United States serve as an important reminder for hands-on professionals like massage therapists, to engage in best practices to protect themselves and their clients from harm.

As part of the Oregon Board of Massage Therapists mission to protect the public, we would like to share with you a brief list of recommendations to help avoid contracting and spreading the flu or COVID-19.



**1. Wash your hands, forearms and elbows** for at least 20 seconds especially before and after each session, after changing linens and towels, after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Use soap. Get between your fingers. Use a nail brush for your nails and cuticles. Now repeat. Hand and arm washing are the single most effective thing one can do to reduce the spread of infectious diseases.



**2. Avoid close contact with people who are sick** including clients and coworkers. Tell your clients if they have these signs – or if anyone in their home or place of work has them – stay home.



**3. Don't touch your eyes, nose, and mouth** especially if you think you've been near someone who might be infected.



**4. Stay home** if you have a fever (typically the first sign), cough, and shortness of breath.



**5. Make a hygiene audit** of your workspace. Sanitize massage equipment and supplies including your massage table or chair, face cradle, lotion dispenser, and hot stones after every use. Regularly use a household cleaning spray or wipe to swab doorknobs, light switches, countertops, cellphone, keyboards, and anything else you and your clients touch. If you use antiseptic wipes, **READ THE DIRECTIONS** – some of them require prolonged contact to be effective.



**6. Change sheets, pillowcases, face cradle covers, bolster covers, and towels** after each massage session. When changing linens, fold them away from the body to avoid contaminating your own clothing. Wash linens and massage uniforms in hot water with detergent and bleach.



**7. Avoid cross-contamination** by never putting dispensed oil or lotion back into its original container. Lubricants in tubs and bulk containers should be dispensed into smaller, disposable vessels for each client.

For more information, visit the CDC FAQ page:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>