

# Preparing for your in-home massage treatment

Massage therapists have a duty of care to protect their clients from transmission of COVID-19. This can be particularly challenging for your in-home mobile therapist because their work involves travelling between settings where they have less control over COVID risk mitigations such as ventilation.

There are some simple things that you can do to help your massage therapist provide COVIDsafe treatments in your home.

1 Choose a large, well-ventilated room for the treatment and open the windows for at least 30 minutes before your appointment. If you can find a suitable outdoor area, even better.

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2 Turn off air-conditioning and heating systems that recirculate air. If you have an air purifier, have it running in the treatment space.

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3 Make sure other members of the house stay away throughout the treatment, unless specifically needed to facilitate the treatment.

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4 Wear a mask. Your therapist will be wearing a respirator mask (N95/P2).

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5 Cancel your appointment if anyone in the household has been directed to isolate. Tell your therapist if anyone in the house is unwell.

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6 If you have access to a Rapid Antigen Test, take one on the morning of your appointment to help rule out current infection.

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7 Allow your therapist to monitor CO<sub>2</sub> during the treatment to assess air quality.

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8 Get vaccinated for COVID-19.