

Questions to ask your massage therapist during the COVID-19 pandemic



Have you conducted a COVID-19 risk assessment?

Some states and territories also require businesses to have a formal COVIDsafe plan.



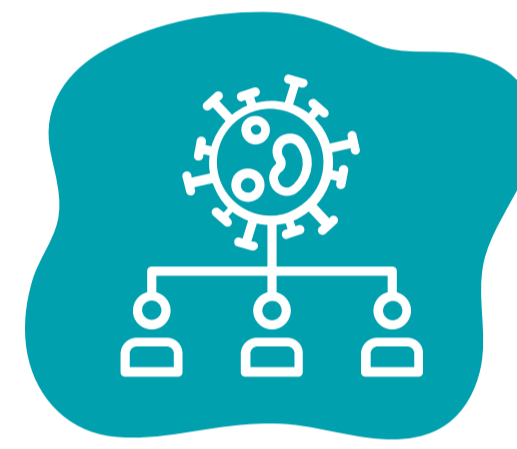
Does your clinic/workplace operate in line with the [national COVID-19 safe workplace principles](#)?

SafeWork Australia and the National Cabinet have established 10 key COVID-19 principles.



What screening processes do you have in place in relation to COVID-19?

Massage therapists should have a pre-booking process in place to screen for recent travel and relevant symptoms.



Are you monitoring where community transmission of COVID-19 is occurring?

Massage therapists should be prepared to temporarily suspend treatment if there is evidence of local transmission of COVID-19.



Do you have a policy for treating clients in a vulnerable category for COVID-19?

You might fall into one of the high-risk categories for severe illness from COVID-19. Are you:

- Over 65
- Chronic disease
- Chronic lung disease and asthma
- Immunosuppressed including cancer treatment
- Obesity
- Medical conditions such as diabetes, renal failure and liver disease
- Heart conditions

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/people-at-higher-risk.html>



How often do you clean bathroom facilities and waiting areas?

Massage therapists should have an established cleaning schedule for all areas that you access. Frequently touched surfaces must be cleaned between every client.



Are your linen storage, handling and laundering protocols in line with accepted health facility standards?

The National Health and Medical Research Council (NHMRC) guidelines are the best practice standards for handling and laundering linens.



Will I need to wear a mask?

Because you will be in a confined space, your therapist may be wearing a mask and they may also request that you wear a mask.

“My mask protects you; your mask protects me”