



COVID-19 Practice Guidance for Licensees and Facilities
Alaska Board of Massage Therapists

I. Applicability: This Appendix applies to licensees of the Board of Massage Therapists (“LMTs”) and locations where they practice (hereafter, “business”).

II. Pre-Screening: Clients must be screened for symptoms consistent with COVID-19, recent out-of-state travel, and exposure to people with suspected or confirmed COVID-19 within the last 14 days to qualify for massage therapy services. Therapists should also be able to answer “no” to all the following questions in order to safely treat clients.

Standard questions include:

- a. Do you have a current COVID-19 test pending?
- b. Have you been confirmed positive for COVID-19?
 - If yes, have you received two (2) negative tests since recovering or diagnosis?
- c. Are you currently experiencing, or have you recently experienced, any acute respiratory illness symptoms such as fever, cough, or shortness of breath?
- d. Have you knowingly been in close contact with anyone who has been confirmed positive for COVID-19?
NOTE: CDC defines “close contact” as less than 6’ feet for 15 minutes or more.
 - If YES, have you received two (2) negative tests or self isolated for 14-days?
- e. Have you traveled out of state in the last 14 days?
 - If YES, have you received two (2) negative tests or self isolated for 14-days?
- f. Have you knowingly been in close contact with anyone who has traveled to or from Alaska? **NOTE: CDC defines “close contact” as less than 6’ feet for 15 minutes or more.**
 - If YES, have you received two (2) negative tests or self isolated for 14-days?

If the answer to any of the questions are yes and/or unresolved, the LMT or business owner shall decline to schedule an appointment for a massage session with a client.

Clients must wear face coverings and LMTs must wear surgical masks for the duration of services.

III. Procedures Upon Arrival:

- a. Only clients, guardians, caregivers, staff, and clinicians may be present in clinical areas.
- b. Clients shall wash or sanitize hands upon entry into the business and are encouraged not to touch their face.
- c. Upon arrival, the client will call/text/knock for entry into the massage establishment. This allows smaller businesses to follow hygiene protocols and ensures adequate cleaning and disinfecting between all appointments.

- d. Prior to any session, the business owner, service provider, or LMT **must**:
 1. Verify client has, at a minimum, a cloth face covering.
 2. Take client temperature, sanitize thermometer, and document in chart.
 3. Assure social distancing and hygiene guidelines are adhered to as much as possible (if pen and paper is required for use upon entry, pens, clip boards, and other commonly touched items must be cleaned and disinfected).
 4. Conduct an additional round of pre-screening questions upon client/guardian/caregiver arrival prior to beginning session.

IV. Hygiene Protocols:

- a. **Per board regulation (12 AAC 79.900, Code of Ethics, Standards of Practice), massage therapists must adhere to CDC safety and sanitation guidelines for health care providers.** Currently, these guidelines include COVID-19 mitigation. Full details can be found online at <https://www.cdc.gov/coronavirus/2019ncov/hcp/infection-control-recommendations.html>.
- b. Additional infection control guidelines for general practice are available at <https://www.cdc.gov/infectioncontrol/index.html>.
- c. The highlights below are not exhaustive and are provided for clarification.
 - **Personal Protective Equipment**
 - i. LMTs must wear a surgical mask and follow CDC Guidelines. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html>
 - ii. All personal protective equipment (PPE) must be properly removed and disposed of or cleaned and disinfected in accordance with CDC recommendations.
 - iii. If LMT is an employee of, or works as part of a larger business operation, the employer/business owner is responsible for supplying PPE and sanitation supplies to its employees.
 - iv. IF the LMT is self-employed, the LMT must provide their own equipment and maintain all safety and sanitation requirements in the business space during work hours.
 - **Personal and Environmental Mitigation**
 - i. LMT must wash hands, arms, and elbows before and after each client.
 - ii. LMT or business owner must schedule clients to allow appropriate time for cleaning and disinfecting between each client according to manufacturer recommendations.
 - iii. LMT or business owner must assure that all surfaces that have been in contact with a client must be disinfected according to CDC guidelines.
 - iv. LMT or business owner must safely handle linens according to CDC guidelines.
 - v. LMT or business owner must ensure that all soiled linens are washed at the warmest appropriate water setting.
 - vi. LMT or business owner must keep records so they can contact clients who received services within two weeks of a client testing positive for COVID-19.