



March 16, 2020

Fellow Therapists,

With the COVID-19 pandemic as a central focus of local, state and now federal agencies, the Board of Massage Therapists offers a few reminders as Alaskans navigate their way through this evolving issue.

Massage therapy is a unique profession that interacts with clients with sessions that are up-close and personal. Massage therapists in Alaska are encouraged to be diligent in the continuation of providing safe environment for clients and ourselves. We must continue to maintain the highest standards of universal and standard precautions to provide necessary protections.

The Centers for Disease Control (CDC), the Federal, State and Borough governments have asked us to make changes to our daily lives. Things like social distancing, avoiding shaking hands, touching our faces, staying at least 3-6 feet away from one another when possible are all being recommended. We urge you to include this information when making decisions about client care and how, when, where, and if you choose to practice.

We hope you will absorb this information as you make clinical decisions in the weeks and months ahead and respect your ability and authority to do what you believe is best for the health and safety for you, your clients, and our communities.

Board Recommendations:

- **Review the code of ethics and standards of practice** that we are all held to as therapists in the state of Alaska.
https://www.commerce.alaska.gov/web/Portals/5/pub/MAS_Code_Standards.pdf
- Screen clients for any possible health concerns before entering your massage establishment.
- Avoid touching your eyes, nose, and mouth.
- Do not see clients if you have symptoms of a cold, fever, or cough.
- Clean and disinfect frequently touched surfaces and objects using appropriate cleaning spray or wipes.
- Wash hands thoroughly and often with soap and water for at least 20 seconds.

COVID-19 Information Resources

- CDC–COVID-19
<https://www.cdc.gov/coronavirus/index.html>
- CDC–Symptoms and Diagnosis
<https://www.cdc.gov/coronavirus/about/symptoms.html>
- CDC–Situation Summary
<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- WHO–COVID-19
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Yours in Health,

The Board of Massage Therapists

David Edwards-Smith, Chair, Licensed Massage Therapist

Traci Gilmour, Vice-Chair, Licensed Massage Therapist

Jill Motz, Licensed Massage Therapist

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