




Health Mandate 015 - Health Care Services

Effective April 24, 2020

Appendix 01 - Massage Therapists

Issued May 7, 2020

By: Governor Mike Dunleavy 
Commissioner Adam Crum  Alaska Department of Health and Social Services
Dr. Anne Zink  Chief Medical Officer, State of Alaska

I. Applicability

- a. This Appendix applies to licensees of the Board of Massage Therapists (“LMTs”) and locations where they practice (hereafter, “business”).
- b. This Appendix augments and clarifies the requirements of Mandate 015.
- c. Compliance with licensing and board direction:
 - i. Nothing in this Appendix or any attachment shall be construed to waive any existing statutory, regulatory, or licensing requirements applicable to providers or businesses operating under this attachment.
 - ii. Service providers should consult their licensing board for additional direction on standards for providing services.
- d. Business owners and individual LMTs may opt to require more stringent safety and sanitation measures when reopening.

II. Social Distancing

- a. All clients must receive a pre-visit telephonic consultation to screen 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. Standard questions include:
 - i. Have you been confirmed positive for COVID-19?
 - ii. Are you currently experiencing, or have you recently experienced, any acute respiratory illness symptoms such as fever, cough, or shortness of breath?
 - iii. Have you knowingly been in close contact with anyone who has been confirmed positive for COVID-19?
 - iv. Have you traveled out of state in the last 14 days?
 - v. Have you knowingly been in close contact with anyone who has traveled out of state and is exhibiting acute respiratory illness symptoms?
- b. If the answer to any of the questions is yes, the LMT or business owner shall decline to schedule an appointment for a massage session with a client.
- c. Only services that can be performed without the client removing their face covering are permitted.
- d. Procedures Upon Arrival
 - i. No non-client visitors are allowed. Only clients, staff, and clinicians may be present in the facility.
 - ii. Clients shall wash hands upon entry into the business and are encouraged not to touch their face.
 - iii. 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.

For the latest information on COVID-19, visit coronavirus.alaska.gov

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- iv. 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. Operate remotely and assure social distancing 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's arrival and prior to beginning session.

III. Hygiene Protocols

- a. Per board regulations, 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/2019-ncov/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.
- d. Personal Protective Equipment
 - i. LMTs must wear a cloth face covering, and wearing protective eyewear and gloves during delivery of massage services is strongly recommended. If the face covering becomes wet, or visibly dirty, it should be promptly replaced.
 - 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.
- e. 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 sufficient time for cleaning and disinfecting between each client.
 - 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. CDC recommends a solution of one-third cup of liquid bleach per gallon of water or 75 percent-alcohol-based wipes.
 - iv. LMT or business owner must clean and disinfect any area exposed to client's skin or bodily fluids.
 - v. LMT or business owner must provide a non-porous receptacle for clients to place their clothing and personal belongings in, and clean and disinfect the receptacle between clients.

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- vi. LMT or business owner must safely place linens in a bin after each client, and must use gloves whenever handling linens. The bin must be disinfected daily.
- vii. LMT or business owner must ensure that all soiled or used linens are washed at the warmest appropriate water setting.
- viii. 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.