



## **NSBMT Sanitation Guidelines in Response to COVID-19 May 7, 2021**

### **Workplace recommendations for licensees (massage therapist, reflexologists, and structural integration practitioners) and other employees**

Recommendations provided by the Center for Disease Control and Prevention (CDC), the Occupational Health and Safety Administration (OSHA), Governor's Directives, and/or local jurisdictions should be maintained. For the most current information please refer to the links provided at the end of this document.

The CDC and OSHA recommend that any employee with a temperature above 100.4 degrees Fahrenheit not report to work.

#### **Sanitation Guidelines for establishments**

Establishments shall continue to follow the regulations provided in NAC 640C.200-360 with emphasis on NAC 640C.200(2)(b). Additional sanitation practices as recommended by the CDC should be completed between each client. For additional information please go to the links below.

Based on the CDC and OSHA recommendations all establishments should be cleaned and then disinfected with a product on the Environmental Protection Agency (EPA) List-N, shown to meet the EPA's requirements as being effective against SARS-CoV-2. If possible, the product selected should also be bactericidal and fungicidal. The importance of ensuring the proper contact time with the product is critical to its effectivity. Since contact times vary, establishments should ensure that manufacturer recommendations for each product are followed.

Social distancing in waiting areas and locker rooms should be maintained at the distance recommended by the CDC, OSHA, Governor's Directives, and/or local jurisdictions. As each guest enters the facility, they should be informed of the social distancing practice being observed by the establishment. Adequate time should be provided between scheduled appointments including staggering appointments to reduce the number of clients in waiting rooms to comply with social distancing recommendations.

Phones, computers, cash registers, credit card equipment and other items used by employees or licensees to conduct business, should be sanitized based on the most current CDC recommendations.

Remove all testers from the retail area.

## **Sanitation Guidelines for massage therapy, reflexology, and structural integration**

Licensees shall continue to practice all sanitation guidelines provided for in NAC 640C.200-360.

Per the CDC hand washing with warm/hot water and soap for a minimum of 20 seconds remains the best sanitation practice available to licensees and the public.

### **Personal Protective Equipment**

Wear a face covering in accordance with current CDC recommendations.

Licensees who choose to wear additional personal protective equipment shall follow NAC 640C.250.

### **Additional Sanitation Guidelines for Chair Massage**

Chair massage requires the sanitation of the chair between clients including but not limited to the face rest, chest pad, arm rest, seat, and knee rests with a product included on the EPA List-N.

Licensees working at chair massage locations with one or more therapists should exercise social distancing as recommended by the CDC, OSHA, Governor's Directives and/or local jurisdictions.

Licensees providing chair massage at a location other than one licensed by a municipality should ensure compliance with CDC and OSHA recommendations and observe current social distancing guidelines.

Individuals using a Desk Buddy, pillow, or other device to provide massage at an individual employee's desk, in conference rooms or other locations should sanitize the surface (desk or table) that the device is resting on, sanitize the device upon arriving at the location, and after each client.

### **Additional Sanitation Guidelines for Outcall Massage**

Licensees should sanitize the table and any equipment before and after each client.

Licensees should place the linens used during the service in a receptacle that is sealed such as a plastic bag or tote.

### **Additional Sanitation Guidelines for Reflexology**

Reflexologists should follow all guidelines provided for massage therapy. In addition, any reflexologists providing services to a client on a chair or table that has a porous surface, should ensure that the surface is completely covered by a nonporous protective layer that is either disposed of between each service or sanitized with a product specified by the EPA as effective against COVID-19 using the exposure time recommended for that product.

Disclaimer – For the most up-to-date information, please refer to the following links.

CDC – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

OSHA – <https://www.osha.gov/coronavirus/safework>

Governor's Directives – <https://nvhealthresponse.nv.gov>

Board – <https://massagetherapy.nv.gov/COVID19/covid19/>