



# Roadmap to Recovery for Nevada

## Massage Establishment Sanitization Guidelines



### MANDATORY AS OF 6/26/2020:

- Face coverings are required except for persons meeting the exemptions established by [Directive 024](#).
- If you have a medical condition preventing you from wearing a face covering, you are strongly encouraged to wear a face shield.

### Supplies

#### Mandatory\*

- Soap in a covered dispenser.
- Single use or disposable towels.
- Waste receptacle.
- Hot/Cold water.
- EPA-approved disinfectant.

#### Recommended Best Practices\*

- Disinfectant spray and/or wipes.
- Hand sanitizer (at least 60% alcohol content).
- Disposable gloves.
- Protective eye wear.

### Sanitize Between Each Client

- Therapists hands.
- All massage equipment.
- All furniture.
- All fixtures and massage tables.
- All electrical equipment used for the care of a client.
- All hydrotherapy equipment.
- All surfaces touched by a client (e.g. door handles, light switches, chairs, clothing racks, lockers, and other fixtures).
- Lubricant container.
- Cash registers and card/debit card systems.
- Writing instruments and intake clipboards.

### Other Areas to Disinfect at Least Daily

- Phones and tablets.
- Towel warmer.
- Dispensary cabinet and sink.
- Restroom fixtures and hand washing station.
- Stocked retail items.
- Treatment room cabinetry and décor.
- Remotes (e.g. candles, lighting, music, etc.).
- Mini-refrigerator.
- Reception area furniture, desks, computers, and decorations.

### Single Use Items

- To be thrown away after one use:
- Table paper.
  - Disposable face cradle covers.
  - Gloves
  - Hair ties, barrettes, and/or scrunchies.

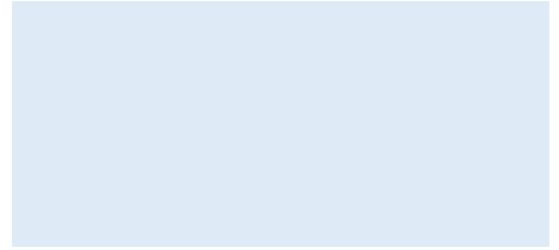
## Mandatory\*

## Recommended Best Practices\*

### Items to be Laundered After Each Use

Launder on hot or sanitize setting. Dry on hot or sanitize:

- Bolster covers.
- Gowns.
- Face rest covers.
- Towels and linens.
- Blankets or top covering.



### Facilities Not to Be Used

- Vapor baths.
- Saunas.
- Steam rooms.
- Portable saunas.
- Spas (as defined in NAC 640C.200 (4)).



*\*These recommendations were compiled by the LEAP based on guidance from the CDC, the U.S. Food and Drug Administration (FDA), [Nevada OSHA](#), and other relevant agencies for the industry and public health officials, including state licensing boards. The information provided is only intended as general information to the public. Following these guidelines does not constitute, and is not a substitute for, compliance with all laws and regulations applicable at any particular time. Individuals and businesses are responsible to ensure that they comply with all laws and regulations that apply to them, including, but not limited to, federal and state health and safety requirements. Additionally, compliance with these regulations does not ensure against the spread of infections from COVID-19 or any other cause.*



# Roadmap to Recovery for Nevada

## Massage Therapy



### MANDATORY AS OF 6/26/2020:

- Face coverings are required except for persons meeting the exemptions established by [Directive 024](#).
- If you have a medical condition preventing you from wearing a face covering, you are strongly encouraged to wear a face shield.

### Mandatory\*

#### Workplace Accommodations for Licensees and Other Employees

- Massage therapists, masseuses, other employees, and customers must wear face coverings.
- Establishments should ensure that licensees and employees understand that face masks may not protect the licensee or employee from inhaling airborne pathogens. However, the masks do reduce the risk of the licensee or employee adding to the viral load in the establishment.
- Social distancing recommendations provided by the CDC, OSHA, Governor's Directives and/or local jurisdictions should be maintained. High traffic establishments may want to install plexiglass shields in client intake areas such as reception desks.
- Online client intake and release forms are recommended. When this is not possible pens and clipboards should be sanitized between each use.
- If a client responds to any of the screening questions listed below, the licensee has the right to refuse service.
- 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 emergency regulations approved by the Board on May 8, 2020, require the establishment and licensees to ensure that normal sanitation practices completed on a daily basis are now completed between each client.
- 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 contact time with the product is critical to its effectivity. Since contact times vary, establishments should ensure that EPA recommendations are observed.
- Steam rooms, saunas, and spas shall remain closed and unavailable for guest use.
- 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 in order to comply with social distancing recommendations. For establishments with single treatment rooms, it is recommended that the client remain in their car until the licensee informs the client that they are ready for their appointment.
- Remove unnecessary items from waiting areas, locker rooms, restrooms and treatment rooms. All surfaces in these areas should be sanitized between each use. Porous surfaces should be covered with a nonporous protective layer which should then be disposed of or sanitized between each client.
- Phones, computers, cash registers, credit card equipment and other items used by employees or licensees to conduct business, should be sanitized between each client. Reception desk staff should minimize their exposure to items touched by the client or guest. If possible, allow clients to swipe or insert their own credit card. If cash transactions are unavoidable, follow the handwashing protocol and sanitize any surface that came into contact during the exchange.

## Mandatory

### Sanitation Guidelines for Establishments *cont.*

- Public contact with retail products should be minimized. Clients or guests may select their products and place them in a bag or other receptacle. Items in the bag not purchased should be sanitized before being returned to the stock. Remove all testers from the retail area, locker rooms, and waiting areas. Personal items normally provided by the establishment should be provided by an employ upon request.
- Posting signage about the steps the establishment is taking to ensure client, employee, and licensee safety will help the public know your commitment to their health and safety. Establishments may consider adding information about the policies and practices to their websites.
- Requesting that a client or guest wash their hands or use hand sanitizer before, after, and during each treatment may help protect the licensee and employees.
- Client contact with non-sanitized floor surface should be minimized. For locations with flooring that cannot be sanitized between clients using a non-porous barrier to protect the client and the licensee from potential contaminates on the floor is advised. The barrier should be placed between where the client undresses and the table. For licensees that evaluate gate and require clients to walk in their treatment rooms, if the floor cannot be sanitized, a non-porous barrier should be used in the area where the client will be walking.
- All linens should be sanitized by washing with laundry detergent and hot water followed by drying using the highest setting. For establishments with linens provided by a service, the establishment should review the contract or contact the linen service to ensure proper sanitation guidelines are being followed.

### Client Screening Recommendations

- No walk-ins are permitted, and licensees and therapists must only serve one client at a time.
- Prior to the licensee providing services, a basic screening of the signs and symptoms of COVID-19 should be conducted along with a health history intake form. Screening of existing clients should include at a minimum the following questions:
  - During the past 14 days have you experienced a fever, dry cough, fatigue, or systemic muscle aches or pain?
  - During the past 14 days have you or anyone in your home experienced a fever, dry cough, fatigue, or systemic muscle aches or pain?
  - During the past 14 days have you been around anyone who has experienced a fever, dry cough, fatigue, or systemic muscle aches or pain?
  - Are you currently residing with anyone who has tested positive for COVID-19 or is being quarantined for possible exposure to COVID-19 or any other pathogen?
  - Have you taken any medication in the past 6 hours that could have lowered your body temperature such as aspirin, Tylenol, or Ibuprofen?
  - Have you travelled outside the state of Nevada in the past 14 days?

### Sanitation Guidelines for Massage Therapy, Reflexology, and Structural Integration

- Licensees shall continue to practice all sanitation guidelines provided for in NAC 640C.200-360 and additional guidelines adopted by the Board as part of the emergency regulations addressing COVID-19.
- 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.
- Licensees or spa attendants shall sanitize treatment rooms between each use with a product identified by the EPA as effective against the spread of SARS-CoV-2/COVID-19 and for the exposure time required by the EPA.
- Licensees shall sanitize their hands before and after every client and after handling any financial transaction. Computers, tablets, cellphones or other electronic devices used for scheduling or payment during transactions shall be sanitized after every use.

### Personal Protective Equipment

- Employees and customers are required to wear a face cover unless exempted.
- Licensees who choose to wear additional personal protective equipment shall follow NAC 640C.240(3).

## Mandatory

### Additional Sanitation Guidelines for Chair Massage

- Chair massage requires the sanitation of the entire 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.
- Therapists 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.
- Establishments and licensees may recommend that clients waiting for chair massage wear a mask and observe current social distancing guidelines.
- 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 shall sanitize the table and any equipment before and after each client.
- Licensees shall 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 shall 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.

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