

# west side wellness

therapeutic bodywork and massage

## COVID-19 SCREENING

1. Have you tested positive for COVID-19 within the last 2 weeks?
2. In the last 2 weeks, including today, have you experienced any of the following:

fever of 100°F or above, chills, new onset of muscle aches, trouble breathing, new rashes or lesions, cough, shortness of breath, new loss of taste or smell, runny or stuffy nose, nausea, vomiting, diarrhea

*If you answer yes to any of the above, we're sorry, but NO MASSAGE TODAY.  
COVID cases: has to be 10 days since symptom onset and 24 hours since fever.*

3. Are you fully vaccinated against COVID-19 (2 weeks past second dose)? If not, please answer the following:

In the last 2 weeks, have you been in contact with anyone who has COVID-19, or its symptoms?

In the last 2 weeks, have you traveled outside the US or to a hot spot?

In the last 2 weeks, have you spent time unmasked, in close contact, with unvaccinated people outside your COVID bubble?

*If you answer yes to any of the above, we're sorry, but NO MASSAGE TODAY.  
Potential exposure: wait until 14 symptom-free days have passed, or you have a negative test (taken at least 7 days after the potential exposure).*

## RECOVERED CORONAVIRUS PATIENT PRECAUTIONS

Did you have COVID-19 and recover? If yes, did any of these apply:

Blood clotting / anti-coagulant prescribed  
Rashes, spots, bumps, lesions

*If coagulopathy, we need a physician's clearance prior to receiving a massage. Skin lesions and cardiopulmonary symptoms must be resolved before receiving massage.*

Are there any other long-term consequences of the infection that are affecting your life?