

# west side wellness

therapeutic bodywork and massage

## **COVID-19 SCREENING QUESTIONS**

Vaccinated or not, in the last 2 weeks, have you:

1. Tested positive for COVID-19?
2. Experienced COVID-19 symptoms?
3. Been in close contact with anyone who has tested positive or has symptoms? (within 6 feet for 15 minutes)
4. Traveled outside the US or to a US hot spot?

If you answered yes to any of these questions, **NO MASSAGE TODAY.**

COVID cases must get a negative test 10 days since symptom onset and 24 hours since fever.

Potential exposure cases and travelers must get a negative test at least 5 days after the potential exposure.

## **RECOVERED COVID PATIENT PRECAUTIONS**

Did you have COVID and recover? If yes, do any of these apply:

1. Blood clotting / anti-coagulant prescribed (needs physician's clearance for massage)
2. Rashes, spots, bumps, lesions (must be cleared before massage)

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