

Coronavirus (COVID-19) Overview Home Study Course

1 CE Hour
Text and Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions.

Instructions for the Coronavirus (COVID-19) Overview home study course

Thank you for investing in the Coronavirus (COVID-19) Overview home study course, a 1 CE hour course designed to further your knowledge on coronavirus and the practice of protecting yourself and your clients from coronavirus.

This guide will contain all of the instructions you will need to complete this course. This is a 1 CE hour course, so that means it should take you approximately 1 hour to read the text, watch the online videos, and complete the exam and course evaluation.

PLEASE READ THE FOLLOWING DIRECTIONS FOR COMPLETION OF THIS COURSE.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 2. Watch the following videos from the Center for Disease Control:**
<https://www.youtube.com/playlist?list=PLnvS9HaUaKtZ5DSz4OorI2ML1eD9SXIZ>
i. There are about 20 minutes of videos with the latest information on COVID-19.
- 3. Access the online examination in your account at www.massagetherapyceu.com.**
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam and you can save your answers and return at a later date if needed. Feel free to review the text while taking the test. There are no trick questions on the exam. All of the answers can be found in the text or in the videos. It is advised to write down your answers as you are testing online.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Coronavirus (COVID-19) Overview home study course.

Coronavirus (COVID-19) Overview Text

Introduction

This course is meant to provide you with information about the emerging coronavirus outbreak which originated in 2019 in China. This course will be updated periodically when new statistics or information are released in order to keep you updated with the most current information on the coronavirus disease of 2019. This course was written in March 2020. It was last updated on January 23, 2022.

If at any time, through the course of your work you need assistance, please contact the Center for Massage Therapy Continuing Education, LLC at 866-784-5940, 712490-8245, or by email at info@massagetherapyceu.com. We are here to serve you and answer any questions you may have.

What are coronaviruses?

Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Human coronaviruses were first identified in the mid-1960s. Coronaviruses are named for the crown-like spikes on their surface. There are 7 known types of coronaviruses that can infect humans:

- 229E (alpha coronavirus)
- NL63 (alpha coronavirus)
- OC43 (beta coronavirus)
- HKU1 (beta coronavirus)
- MERS-CoV (the beta coronavirus that causes Middle East respiratory syndrome, or MERS)
- SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome, or SARS)
- SARS-CoV-2 (the novel coronavirus, also a beta coronavirus, that causes coronavirus disease 2019, or COVID-19)

The first four listed 229E, NL63, OC43, and HKU1 are coronaviruses in which people around the world commonly get infected with and experience mild symptoms such as the common cold.

The last three on the list MERS-CoV, SARS-CoV, and SARS-CoV-2 are newer coronaviruses which have evolved from animal origin and infected humans. The Center for Disease Control (CDC) reports that all three of these coronaviruses have their origin in bats.

What is coronavirus disease 2019 (COVID-19)?

SARS-CoV-2, the strain of coronavirus responsible for the outbreak in 2019, is a novel coronavirus. This means that it is a new coronavirus that has not previously been identified. It was discovered in Wuhan, China in December of 2019. It is caused by a particular coronavirus termed SARS-CoV-2 and the disease it causes has been named “coronavirus disease 2019” abbreviated as COVID-19. COVID-19 is a respiratory illness that can spread from person to person causing symptoms of fever, cough, shortness of breath, and possibly body aches, diarrhea and vomiting. Severe cases may cause pneumonia, multi-organ failure, and in some circumstances death.

What is a virus?

A virus is an infectious agent that is unable to grow or reproduce outside a host cell. Viruses can infect all cellular forms of life and are commonly spread through air, water, food, bodily fluids, respiratory droplets, etc. Viruses that cause infections such as the common cold, influenza, and strep throat as well as coronaviruses are spread through the air and through casual human-to-human contact.

What is the origin of coronavirus COVID-19?

According to the CDC, the epicenter of the outbreak was in Wuhan, Hubei Province, China in December 2019. Wuhan is China's seventh largest city with approximately 11 million residents. Many of those infected had some link to a large seafood and live animal market, suggesting animal-to-person infection. As the disease spread, many people reported that they did not have exposure to animal markets, suggesting the disease had evolved to person-to-person spread.

How is coronavirus spread?

COVID-19 is thought to spread mainly from person-to-person through respiratory droplets:

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes

Respiratory droplets in the air can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

People are thought to be most contagious when they are most symptomatic or the sickest. Spread is possible before a person begins to show symptoms, but it is not thought to be the main way the virus spreads. It may be possible for a person to contact COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes, but this is also not thought to be the main way the virus spreads. World Health Organization studies have shown that COVID-19 can live on objects for a few hours up to a few days. How long the virus can live depends on the temperature, kind of surface, and humidity.

Which body fluids transmit coronavirus?

According to the CDC, at this time, coronavirus COVID-19 is mainly contained and spread through respiratory droplets. Limited data is available; however, SARS-CoV-2 RNA (nucleic acid present in living cells) has been detected in blood and stool samples, but whether it is an infectious form of the virus is not known at this time. It is also not known yet if other non-respiratory bodily fluids from an infected person such as vomit, urine, breast milk, or semen can contain viable infectious SARS-CoV-2 which would cause COVID-19.

Who is at the highest risk of contracting serious COVID-19 disease?

Older people (over 60 years of age) and people of all ages with underlying health conditions such as heart disease, lung disease, and diabetes seem to be at higher risk of developing serious COVID-19 illness.

At this time, there is no evidence that children are more susceptible to the disease than the general population. In fact, most confirmed cases reported from China have involved adults, although cases in children have been reported. It is also not known if pregnant women are more

susceptible to the disease or if adverse pregnancy outcomes occur in women infected with COVID-19. There have been a small number of infants born to mothers that have tested positive to COVID-19. In these cases, which are limited, the virus was not found in samples of amniotic fluid or breastmilk.

Are all cases of coronavirus fatal?

No. Reported illnesses have ranged from very mild with some people experiencing no symptoms at all to severe, including some resulting in death. An actual fatality rate of COVID-19 has not been determined because of the virus continuing to emerge worldwide. Although the media often speculates on a fatality rate, the CDC does not have a fatality rate associated with COVID-19.

According to the

CDC, information so far suggests that most COVID-19 cases are mild. There is one study out of China

(<https://www.nejm.org/doi/full/10.1056/NEJMoa2002032>) published on February 28, 2020 which suggests that serious illness occurs in 16% of cases. That means 16% of cases are reportedly serious, but not all of those 16% resulted in death. The deaths so far associated with COVID-19 have been in older people (over 60 years of age) and those with underlying health conditions such as heart disease, lung disease, and diabetes.

What are the symptoms of coronavirus infection?

The most common symptoms of COVID-19 usually appear within 2-14 days of exposure and include (updated 8/27/20):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headaches
- Loss of taste and/or smell
- Sore throat
- Congestion or runny nose
- Vomiting
- Diarrhea

Some severe cases have reported:

- Trouble breathing
- Persistent pain or pressure in the chest
- Pneumonia
- Organ failure
- Death
- Bluish lips or face

What to do if you are infected or think you may have been exposed?

The CDC recommends calling your doctor if you develop symptoms and/or have been in close contact with a person known to have COVID-19, or have recently traveled to or from an area

with widespread COVID-19. Let them know ahead of time that you may have been exposed. Your healthcare team will decide if you need to be tested for COVID-19.

If you are infected with COVID-19, the virus has to run its course through your body. During this time, it is important to monitor your symptoms closely. Seek medical attention if your illness worsens. Call 911 immediately if you have a medical emergency. Let medical and emergency personnel know ahead of time that you have COVID-19. Rest is advised as well as isolation to help prevent spread. The CDC recommends the time frame for isolation/quarantine should be determined on a case-by-case basis, depending on how long the illness lasts and the symptoms. Evidence does suggest a 14 day isolation period, but your healthcare professional will decide what is best for you based on the length and severity of your symptoms and time of exposure.

Here are recommendations to prevent the spread of the disease:

- Stay home
- Stay in touch with your doctor
- Avoid public areas
- Avoid public transportation
- Stay away from others
- Limit contact with pets and animals
- If you are visiting your healthcare provider, call ahead and let them know you have COVID-19
- Wear a facemask if you are around other people
- Cover your mouth and nose with a tissue when coughing or sneezing
- Dispose of used tissues immediately
- Wash your hands often for at least 20 seconds
- Use hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Do not share personal household items
- Wash household items thoroughly after use
- Clean and disinfect surfaces daily

How is coronavirus treated?

There is no specific antiviral treatment for COVID-19. People infected may seek medical care for help with associated symptoms or with secondary infections.

Is there a vaccine for coronavirus?

As of September 22, 2020, there are a number of therapeutics currently in clinical trials in China and more than 20 vaccines in development for COVID-19. However, at this time there are no licensed or approved vaccines or therapeutics for COVID-19. **UPDATE for 2021:** Currently there are 3 available vaccines used to prevent COVID-19. Pfizer-BioNTech and Moderna offer a 2 shot does and Johnson & Johnson/Janssen offer a 1 shot dose. As of April 19, 2021 any person over the age of 16 is eligible for the vaccine. **UPDATE for 2022:** The Pfizer-BioNTech has been approved for emergency use in anyone 5 years or older. The long term effectiveness of the vaccine is still currently being studied. Based on evidence of current clinical trials in people who had not previously been infected, once you are fully vaccinated (2 weeks after your last dose)

Pfizer-BioNTech reports 95% effectiveness, Moderna reports 94.1% effectiveness, and Johnson & Johnson/Janssen reports 66.3% effectiveness.

Are booster vaccine doses recommended?

Research is still being done to determine the effectiveness of booster vaccine doses. Here is what the CDC is recommending as of January 23, 2022 in regards to booster vaccine doses:

- Pfizer-BioNTech - Everyone ages 18 years and older should get a booster dose of Pfizer-BioNTech 5 months after the last dose in their primary series.
Teens 12-17 years old should get a Pfizer-BioNTech COVID-19 Vaccine booster 5 months after the last dose in their primary series.
- Moderna - Everyone ages 18 years and older should get a booster dose of Moderna 5 months after the last dose in their primary series.
- Johnson & Johnson/Janssen - Everyone ages 18 years and older should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least 2 months after the first dose of J&J/Janssen COVID-19 vaccine. The Pfizer-BioNTech or Moderna booster is recommended over the Johnson & Johnson/Janssen because of the rare known adverse reaction to the Johnson & Johnson/Janssen vaccine of thrombosis with thrombocytopenia syndrome (TTS).

Can people who have recovered from coronavirus be infected again?

Reinfection of COVID-19 means that a person was infected, recovered, and later reinfected again. After recovering from COVID-19, most individuals will have some protection from repeat infections. However, as of January 23, 2022 the CDC has confirmed that reinfections do occur and they are actively performing studies to understand more about reinfection. The CDC acknowledges that as new strains emerge the risk of reinfection may be affected.

How does coronavirus compare to the flu?

COVID-19 symptoms are similar to those of influenza (fever, cough, and shortness of breath), and the current outbreak is occurring during a time of year when respiratory illnesses from influenza and other viruses, including other coronaviruses that cause the common cold are highly prevalent. While many people globally have built up immunity to seasonal flu strains, COVID-19 is a new virus to which no one has immunity. The United States 2019-2020 flu season, there are an estimated 39,000,000-56,000,000 influenza illnesses with approximately 24,000-62,000 influenza deaths (<https://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm>).

There are some similarities between influenza and COVID-19. They include:

- Both can cause fever, cough, shortness of breath, and in some cases body aches, vomiting, and diarrhea
- Both can be mild or severe, and both can result in death in rare cases
- Both can result in pneumonia
- Both are viruses
- Both can be spread from person-to-person through respiratory droplets
- Neither virus is treatable with antibiotics; antibiotics only treat bacterial infections such as strep throat, ear infections, pneumonia, and staph infections
- Treatment for both includes managing symptoms or treating secondary infections

- Both may be prevented by frequent hand washing, coughing or sneezing into a tissue, and staying home when you are sick as well as limiting your contact with people who are infected

There are also differences between influenza and COVID-19. They include:

- COVID-19 is caused by a specific type of coronavirus, influenza is caused by different types and strains of the influenza virus
- While there is no antiviral medication for COVID-19, there is an antiviral medication that can be taken at the onset of influenza to prevent it or to reduce the symptoms
- Although COVID-19 is an emerging virus and infections may continue to rise, there are still many more cases of influenza reported worldwide than COVID-19
- The speed of transmission differs between COVID-19 and influenza: influenza has a shorter incubation period and a shorter time between successive cases which means that influenza can spread faster than COVID-19
- Update for May 29, 2020 – The number of secondary infections generated from one infected individual is understood to be between 2 and 2.5 for COVID-19 virus, which is higher than influenza
- Update for May 29, 2020 – For COVID-19 data to date suggests that 80% of infections are mild to asymptomatic, 15% are severe, and up to 5% are critical; the severe and critical infections of COVID-19 are higher than influenza
- Those most at risk for severe influenza infection are children, pregnant women, elderly, and those with underlying health conditions while those most at risk for severe COVID-19 infection are elderly and those with underlying health conditions

Worldwide, in the 2019-2020 flu season, there were thought to be an estimated 1 billion cases of influenza. In the 2020-2021 flu season there were thought to be under 5,000 laboratory confirmed cases of influenza. According to the World Health Organization, as of as of January 23, 2022 there are 340,543,962 cumulative cases of COVID-19 worldwide and 5,570,163 cumulative deaths. In the US, there are 68,199,861 cumulative cases and 852,334 cumulative deaths.

What can I do to protect myself from coronavirus, professionally and personally?

Prevention is the best strategy when it comes to exposure to COVID-19. Whether in a healthcare setting, a massage setting, or in a personal setting, the following are general precautions recommended by the CDC that should always be taken to minimize your and others exposure to COVID-19.

Take Steps to protect yourself

Clean your hands often:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- If hand sanitizer is not available in a local store, you can make your own by using a two-to-one ratio of 91% isopropyl alcohol (rubbing alcohol) to aloe vera gel. You can also add a couple drops of essential oil for fragrance.

- Avoid touching your eyes, nose, and mouth with unwashed hands

Avoid close contact:

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at a higher risk of getting sick.
- If you are in an area where COVID-19 is present (in public or traveling) use sanitizing wipes to clean surfaces before you touch them

Take steps to protect others

Stay home if you are sick:

- Stay home if you are sick
- If you need to seek medical care, call ahead and let them know you are sick

Cover coughs and sneezes:

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
- Throw used tissues in the trash
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask or cloth mask:

- If you are sick, wear a facemask when you are around other people (sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask, do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- If you are NOT sick, it is now recommended to wear a facemask or cloth mask when entering a public place, working around others, or caring for someone who is sick. We understand that facemasks may be in short supply and they should be saved for caregivers. If a medical facemask is not available, a cloth mask can be worn. This is to reduce touching of the face and help filter out particles in the air.

Clean and disinfect:

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them using detergent or soap and water prior to disinfection
- To disinfect surfaces:
 - Most common EPA-registered household disinfectants will work
 - You can make a solution of 5 tablespoons of bleach per gallon of water
 - Use an alcohol solution of at least 70% alcohol

Although most massage therapy practices have been suspended due to the President's/local government's social distancing recommendations, the following are preventative measures that

can be taken if you are working (or when you return to work) to minimize you and your client's exposure to COVID-19:

- Thoroughly wash your hands before and after each massage session using the guidelines above
- Do not touch your face
- Clean and sanitize your table and equipment, including oil bottles, stools, light switches, and/or cabinet doors between each session
- Although it is not known if and/or for how long coronaviruses can live on objects, you might also want to sanitize your laundry
- Clean and sanitize surfaces in your office daily including door knobs, credit card machines, pens, and chairs
- Provide alcohol based hand sanitizer in your office

Important factors for massage therapists to consider

When interacting with clients, communication is the key, especially when beginning to re-open. The media reports every day on the coronavirus and information given by the media is not always accurate. The general public, including your clients are concerned about the outbreak and may not seek out massage therapy services out of fear of exposure. It is essential that you communicate with your clients frequently. Doing so will help them feel at ease about receiving massage therapy from you amidst the COVID-19 pandemic. Here are several ways you can keep in contact with your clients and let them know what you are doing to help protect them:

- Post on your social media what you are doing to keep clients protected
- Call repeat clients and let them know what you are doing to keep clients protected
- Email clients and let them know what you are doing to keep clients protected
- Post links on your social media about prevention of COVID-19 spread from a credible website such as the CDC
- Post a notice on your door or treatment room to tell clients what you are doing to help keep them safe

When posting signs or on your social media, let clients know:

- How you are handling your laundry
- How you are cleaning and sanitizing equipment between sessions
- How often you sanitize pens, credit card machines, and other objects in your office
- How often you sanitize door handles, light switches, and chairs
- What you are doing with your own personal hygiene such as washing hands
- Where they can find alcohol-based hand sanitizer in your office

There are also important things NOT to do in your massage practice that can help clients feel safe in receiving massage treatment from you.

- Do not panic, it doesn't help you or your clients
- Do not neglect or risk your own self-care, personal hygiene, and health

General precautions for every client are the best policy to follow in order to keep you protected from COVID-19 as well as other bacteria, infectious disease, or viruses.

- Use thorough intake forms – Most intake forms will ask the client if they have any serious or chronic illnesses or medical conditions. Read carefully through the intake form and look for things that may cause your caution. You can also incorporate the use of a COVID-19 waiver. A sample waiver is located at the end of the text.
- Ask your clients if they have been to a region known to have widespread COVID-19 infection or if they are aware of any possible COVID-19 exposure. Clients don't always report everything on an intake form. It is perfectly acceptable to ask.
- Always avoid open wounds, cuts, lesions, rashes, boils, and acne on clients. Although it is not yet known if an infectious form of coronavirus can live in bodily fluids other than respiratory droplets, this is a general precaution that should be taken with every client.
- Consult with your client's physician – If your client has a pertinent medical condition or infection (COVID-19, HIV/AIDS, cancer, immune disorders, chronic illnesses, hepatitis), it is acceptable to consult with their healthcare physician before starting a treatment plan. Discussing whether or not massage therapy is contra-indicated with their physician can help you in formulating a treatment plan and can protect you from malpractice, going outside of your scope of practice, or exposure to COVID-19.
- Use gloves – The use of latex gloves or latex free gloves is common in the medical community and will protect both you and your clients. If you are uncomfortable for any reason with a client, feel free to use gloves. You may want to use a water based lubricant with latex gloves as some oils can break down the latex material.
- Wear a facemask or cloth mask – The CDC now recommends the use of a facemask or cloth mask to protect you and those around you. The mask should cover both the mouth and nose.
- If you are comfortable using your bare hands, be sure that they are clean and free of cuts, scratches, or wounds. If you do have an open sore, cut or scratch on your hands, arms or elbows, use a protective barrier to protect both you and your client.
- If you believe a client has been exposed to COVID-19 or another infectious disease and you still continue with the massage or discover the exposure during or after the session, use gloves when cleaning and/or changing your drape, face cradle cover, sheets, massage table, or massage chair and thoroughly disinfect all surfaces. Disinfecting can be done by using a household disinfectant or a 10% bleach solution for 10 minutes or a 70% alcohol solution for 10 minutes.
- Always clean and disinfect your drape, sheets, face cradle covers, oil bottles, door handle, cabinet handle, and towels after each use. Anything you have touched during the session should be disinfected. You do not want to introduce germs or viruses such as coronavirus or influenza to other clients or yourself while performing the next massage session.

- If you are uneasy working on any client, whether or not they have been exposed to COVID-19, refer them elsewhere or simply tell them you cannot work on them. You have the right to refuse service to any client for a number of reasons such as, you are concerned about coronavirus exposure, you do not feel they will benefit from your treatment, you feel that you are going outside of your scope of practice in treating them, and/or the client has contra-indications to massage therapy. If you feel that you will not be able to work on the client to the best of your ability, it is acceptable/better to refer them to the appropriate healthcare professional.

March 16, 2020 Updates

We have updated our YouTube playlist with the most up-to-date information on COVID-19 from the Center for Disease Control.

On Monday March 11, 2020 the World Health Organization declared COVID-19 a pandemic. A pandemic is a global outbreak of disease. Pandemics happen when a new virus emerges and can spread between people sustainably; and because there is little to no pre-existing immunity against the new virus, it spreads worldwide. Pandemics begin with an investigation phase, followed by recognition, initiation, and acceleration phases. The peak of illnesses occurs at the end of the acceleration phase, which is followed by a deceleration phase, during which there is a decrease in illnesses. Different countries can be in different phases of the pandemic at any point in time and different parts of the same country can also be in different phases of a pandemic. There are ongoing investigations to learn more. This is a rapidly evolving situation and the CDC is doing its best to keep updated.

On March 13, 2020 The President of the United States declared the outbreak a national emergency. As of March 15, 2020 the CDC also now recommends that for the next 8 weeks, organizers cancel or postpone in-person events that consist of 50 people or more throughout the United States. This is in an attempt to slow the spread of the virus. The CDC also recommends social distancing, which means to put distance in between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick, such as older adults and those with serious chronic medical conditions like heart disease, diabetes, and lung disease.

The complete clinical picture of COVID-19 is still not fully known. Different parts of the country are seeing different levels of infection and that is changing every day. The CDC recommends that:

- Individuals and communities, as well as massage therapists and bodyworkers, familiarize themselves with information on how to protect themselves and their communities from getting and spreading illnesses such as COVID-19
- Older people and people with chronic conditions take special preventative precautions
- If you are in close contact of someone with COVID-19 and/or develop symptoms like those of COVID-19, call your healthcare provider and tell them about your symptoms and exposure
- For people who are ill with COVID-19 and not sick enough to be hospitalized, please follow the CDC's guidelines on how to reduce the risk of spreading your illness to others

March 24, 2020 Updates

According to the CDC, confirmed Covid-19 cases have grown in the United States to 33,404 and cases have been reported in every state. The CDC has issued recommendations to help families prepare in case COVID-19 spreads in your community. They include:

- Know where to find local information on COVID-19 and local trends
- Know the signs and symptoms of COVID-19 and if you believe you are experiencing symptoms:
 - Stay home when you are sick
 - Call your health care provider's office in advance if you need to be seen
 - Limit movement in your community
 - Limit visitors
- Take steps such as social distancing or self-isolation for those at higher risk
- Protect yourself and your family
 - Practice recommended hygiene procedures such as handwashing, covering your cough, and cleaning surfaces daily
 - Stay home if you are sick
- Create a household plan of action in case of illness or disruption of daily activities due to COVID-19 being spread in your community
 - Consider a 2 week supply of essential items such as food and medications
 - Create a plan for communicating with others
 - Create a plan in case you are unable to work or for childcare needs
- Stay informed about the current COVID-19 situation

March 30, 2020 Updates

With many states issuing government mandates and executive orders for closures, many non-essential businesses such as massage therapy are no longer working. The government is working on a plan to help families out in this time of need, and until then, here are a few things you can do to keep in contact with clients in your massage practice:

- Promote gift certificate sales
- Schedule clients for a month out so when work is permitted, you will have a full schedule
- If you sell products in your practice, promote yourself and offer to ship items to clients
- Keep in communication with clients via social media, email, or telephone
- Clean or rearrange your office space and make a video to post showing clients
- If you take any CE classes or make any changes in your business, let your clients know what you are doing to prepare for going back to work or what you will be able to offer them when you do begin to work again

COVID-19 has become wide-spread in most of the United States. Different parts of the country are seeing different levels of COVID-19 activity. The United States nationally is in the acceleration phase of the pandemic. A pandemic is a global outbreak of disease. Pandemics happen when a new virus emerges to infect people and can spread between people sustainably. Because there is little to no pre-existing immunity against the new virus, it spreads worldwide. This is the first pandemic known to be caused by a new coronavirus. In the past century, there have been four pandemics caused by the emergence of new influenza viruses. As a result, most research and guidance around pandemics is specific to influenza, but the same premises can be applied to the current COVID-19 pandemic. Pandemics begin with an investigation phase,

followed by recognition, initiation, and acceleration phases. The peak of illnesses occurs at the end of the acceleration phase, which is followed by a deceleration phase, during which there is a decrease in illnesses. Different countries can be in different phases of the pandemic at any point in time and different parts of the same country can also be in different phases of a pandemic.

The duration and severity of each pandemic phase can vary depending on the characteristics of the virus and the public's response. Here is some information on COVID-19 in the US:

- CDC and state and local public health laboratories are testing for the virus that causes COVID-19
- All 50 states have reported cases of COVID-19 to CDC
- US COVID-19 cases include:
 - Imported cases in travelers
 - Cases among close contacts of a known case
 - Community-acquired cases where the source of the infection is unknown
- Most US states are reporting some community spread of COVID-19

April 6, 2020 Updates

The CDC is continuing to study the spread and the effects of COVID-19. They now know from recent studies (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html#studies>) that a significant portion of individuals with COVID-19 lack symptoms and that asymptomatic people can transmit the virus to others before showing symptoms. In light of this new evidence, the CDC is now recommending that individuals now wear a cloth face covering in public settings and in places where social distancing measures are difficult to maintain. The cloth face covering recommendation does not involve using surgical masks or N-95 respirators. Those supplies should be reserved for healthcare workers and other medical first responders. Face cloth covers should be fashioned from household items.

The CDC is still emphasizing that the 6-foot social distancing measures should be kept in place until at least April 30, 2020 to slow the spread. Here are some tips for social distancing from the CDC listed at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>:

- Follow guidance from authorities where you live
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others:
 - Use mail-order for medications, if possible
 - Consider a grocery delivery service
 - Cover your mouth and nose with a cloth face cover when around others, including when you have to go out in public, for example to the grocery store
 - Stay at least 6 feet between yourself and others, even when you wear a face covering
- Avoid large and small gatherings in private places and public spaces, such as a friend's house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults. Children should not have in-person playdates while school is out.
- Work from home when possible
- If possible, avoid using any kind of public transportation, ridesharing, or taxis

- If you are a student or parent, talk to your school about options for digital/distance learning

Stay connected while staying away. It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult.

The “President’s Coronavirus Guidelines for America, 30 Days to Slow the Spread” is the cornerstone of the national effort. In this it is recommended that for 30 days we:

- Listen and follow the directions of state and local authorities
- If you feel sick, stay home. Do not go to work. Contact your medical provider.
- If your children are sick, keep them at home. Do not send them to school. Contact your medical provider.
- If someone in your household has tested positive for COVID-19, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.
- If you are an older person, stay at home and away from other people
- If you are a person with a serious underlying health condition that can put you at increased risk, stay at home and away from other people

May 15, 2020 Updates

Some states are beginning to lift restrictions and allow people to return to work and businesses to reopen. In response to that, the CDC has published reopening guidance for cleaning and disinfecting public spaces, workplaces, businesses, schools, and homes. This guidance is for all Americans, including massage therapists. It is important to recognize that although restrictions are being lifted and it may be safer to return to work, COVID-19 is still here and unless a vaccine or therapeutic treatment is discovered, we still need to do our part to slow the spread. Reopening the country strongly relies on public health strategies such as:

- Increased testing of people for the virus
- Social distancing
- Isolation, if you are sick or may have been exposed
- Tracking how someone infected might have infected others

The reopening guidance plan is part of a larger three-phased plan titled “Guidelines for Opening Up America Again” based on the advice of public health experts. It focuses on cleaning and disinfecting public spaces, workplaces, businesses, schools, and homes. The full plan can be read here: <https://www.whitehouse.gov/openingamerica/>.

Cleaning and disinfecting public spaces including your workplace, school, home, and/or business will require you to:

- Develop your plan
- Implement your plan
- Maintain and revise you plan

When developing a plan, it is important to first evaluate your area to determine what kinds of surfaces and materials make up that area. Many surfaces, such as shelves, cabinets, wall hangings, and windows will only require normal routine cleaning. Other frequently touched surfaces and objects may need cleaning and disinfecting after each use, such as:

- Door/cabinet handles
- Credit card machines
- Massage oil bottles
- Massage table surfaces
- Counters
- Light switches
- Desks
- Phones
- Keyboards
- Toilets
- Faucets and sinks
- Massage table covers and drapes

To clean and disinfect:

- First clean the area with soap and water
- Then disinfect the area using an EPA approved disinfectant
- If disinfectant is unavailable, you can use:
 - 1/3 cup of bleach added to 1 gallon of water
 - 70% alcohol solution

Another consideration to make is the removal of non-essential items to reduce the spread of germs, such as COVID-19. Examples of these are:

- Area rugs
- Seating
- Decorations
- Coffee machines or creamer bottles
- Water bottles

The most critical part of your plan is maintaining a cleaning and disinfecting strategy after opening. Determine what areas/objects need to be disinfected after each use and what areas/objects need to be cleaned or disinfected daily. Having a client sign a COVID-19 waiver form is also a good practice for your plan. One is located at the end of text for your business use. The plan should be shared with all employees, staff, and/or family and should follow federal, state, and local guidance.

Once your plan is complete it is important to implement and maintain and revise your plan as situations change. It is also critical to maintain safe behavioral practices such as:

- Social distancing
 - We realize that in a massage practice social distancing is not possible between the client and the therapist during a session. In consideration of this, as long as you are following all other CDC guidelines, and allowed to open, it is recommended

to only have one client at a time in your office, and clean and disinfect all surfaces once they leave and before another client arrives. Gloves, as long as they are only used during the session and disposed of immediately after, face masks, and other protective equipment can also be used to protect both you and your clients.

- Frequently washing hands or using an alcohol based sanitizer
- Wearing cloth face coverings
- Avoid touching eyes, nose, and mouth
- Cleaning and disinfecting frequently touched objects and surfaces

It is important to remember, once restrictions are lifted, it will ultimately be up to you to determine what is safe for you and your clients. What is safe for one person may not feel safe to another. Reopening the country is something that will require all Americans to move forward using the best practices and maintaining safe habits to continue to reduce everyone's exposure to COVID-19.

June 3, 2020 Updates

There have been questions and concerns regarding the possibility of blood clot formation, inflammation, or coagulopathy (a condition in which the blood's ability to coagulate is impaired) associated with COVID-19 patients. With the information that is known at this time, it appears that blood clotting, deep vein thrombosis, and pulmonary embolism only occur in severe cases of COVID-19 where secondary infections are present. However, it is something to be aware of and look for signs and symptoms of in your massage therapy practice.

Although much about this topic is not yet known, there has been research done and information provided from credible sources such as the North American Thrombosis Forum (NATF) (<https://natfonline.org/covid-19-updates/patient-resources/>) and the Associated Bodywork & Massage Professionals (ABMP) (<https://www.abmp.com/updates/blog-posts/covid-19-related-coagulopathy>). The NATF link provides 9 videos on COVID-19 and medical conditions, such as blood clots and the ABMP link shares an article about COVID-19 related coagulopathy and its implications for massage therapists.

Under normal circumstances, blood clotting is a good thing. It serves as a life-saving function in the body and is balanced with clot-melting mechanisms (chemicals produced by the liver). In severe cases of COVID-19 where pneumonia, a systemic inflammatory response, or another type of blood stream infection have occurred, the body will sometimes go into a state of disseminated intravascular coagulation (DIC). This is a condition in which tiny blood clots form throughout the body, blocking small blood vessels. The body is unable to produce enough clot-melting chemicals to handle all of the tiny clots at once. This can cause bleeding and the body to consume platelets, thus creating a hemorrhagic response. Symptoms of DIC include shortness of breath, chest pain, leg pain, or problems moving parts of the body. If the patient is hospitalized and immobilized, the risk of thrombosis and pulmonary embolism is increased.

So what does this all mean for massage therapists? First and foremost, if you are treating a patient/client whom has had COVID-19 in the past, we highly encourage you to consult with your client's primary health physician for any questions regarding precautions or

contraindications to massage therapy before massage application. The information provided is in no way meant to diagnose a client's medical condition.

What about clients who are asymptomatic or have been exposed and are unaware? In these cases, the risk of blood clotting is minimal. However, here a few things you can do:

- Use thorough intake forms – Most intake forms will ask the client if they have any serious or chronic illnesses or medical conditions. Read carefully through the intake form and look for things that may cause your caution. You can also incorporate the use of a COVID-19 waiver. A sample waiver is located at the end of the text.
- Have your client update their current symptoms – Updating a current symptom form may help you to identify any new symptoms which may be related to inflammation or the possibility of blood clots. Ask your client the following questions:
 - Can you exercise to elevate your heart and respiratory rate without problems? This may indicate if a client's cardiopulmonary function is impaired.
 - Have you had any new onset of muscle aches and pain in the past month? This may indicate the possibility of inflammation and/or coagulopathy.
 - Do you have any new marks, rashes, bumps, or red spots on your skin? This may indicate the possibility of micro-clotting.
- During the session look for signs and symptoms of the possibility of blood clots such as marks, rashes, spots, or bumps on the skin.

If your client is exhibiting any of these signs and symptoms, you may want to defer treatment or refer your client to the proper healthcare physician.

July 20, 2020 Updates

The CDC is now recommending the use of face coverings in public areas. These face covers are not to protect the wearer because, unless you are wearing a filtering mask such as an N95 mask, they do not have the capability to filter out viruses. They are recommended to protect others. Recent studies show that a significant portion of individuals with COVID-19 lack symptoms and may be unaware they can spread the virus. Here is the recommendation from the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>):

“Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at higher risk of severe illness from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants). Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. The spread of COVID-19 can be reduced when cloth face coverings are used along with other preventive measures, including social distancing, frequent handwashing, and cleaning and disinfecting frequently touched surfaces.

The cloth face coverings recommended here are not surgical masks or respirators. Currently, those are critical supplies that should be reserved for healthcare workers and other first responders. Cloth face coverings are not personal protective equipment (PPE). They are not appropriate substitutes for PPE such as respirators (like N95 respirators) or medical facemasks

(like surgical masks) in workplaces where respirators or facemasks are recommended or required to protect the wearer.”

August 27, 2020 Updates

The CDC added new information on their website about who should get tested. Currently there are 2 types of tests available for COVID-19:

- A viral test tells if you have a current infection
- An antibody test might tell if you had a past infection

Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home until you receive your test results. The CDC recommends the following populations be tested for COVID-19:

- If you have 2 or more symptoms of COVID-19
- If you have had close contact, within 6 feet of an infected person for at least 15 minutes, with someone with confirmed COVID-19
- If you have been asked to get tested by your healthcare provider or workplace

October 12, 2020 Updates

The CDC has recently posted tips on how to select, wear, and clean your mask. The CDC recommends that you wear masks in public settings around people who don't live in your household and when you can't stay 6 feet away from others. The CDC states that masks help stop the spread of COVID-19 to others. Here are tips on wearing masks from the CDC:

- Wear masks with two or more layers to stop the spread
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should NOT be worn by children 2 years and younger, people who have trouble breathing, or people who cannot remove the mask without assistance
- At this time, the CDC does not recommend the use of gaiters or face shields in replacement of masks as the effectiveness is unknown at this time
- In a healthcare setting, such as your massage practice, it is ok to wear filtering masks such as N95 masks
- Be sure to wash your hands before putting on your mask
- Do not touch the mask when wearing it
- When removing your mask, only handle the mask by the ear loops or ties
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing
- When washing your mask, include it in your regular laundry and use the highest heat setting for drying and leave it in the dryer until it is completely dry

December 3, 2020 Updates on isolation and quarantine

The quarantine and isolation periods are currently up to local health officials who usually follow the CDC guidelines. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. People who have been in close contact with someone infected with COVID-19 (excluding people who have had the virus within the past 3 months) should quarantine for a period of time in order to minimize the spread if you become infected. So, what counts as close contact? According to the CDC, close contact is:

- You were within 6 feet of someone who has COVID-19 for 15 minutes or longer
- You provided care at home to someone with COVID-19
- You had direct physical contact with someone infected
- You shared eating or drinking utensils
- Someone infected sneezed, coughed, or somehow got respiratory droplets on you

Isolation keeps someone who is infected with the virus away from others, even in their home. People who have symptoms of COVID-19 as well as those asymptomatic with a positive COVID-19 test need to isolate for a period of time (usually 10 days) in order to stop the spread.

The CDC normally recommends a quarantine period of 14 days and an isolation period of at least 10 days since symptoms first appeared and at least 24 hours with no fever and decreasing symptoms. On December 2, 2020 the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>) now recommends two additional options for reducing the quarantine period after exposure. The isolation period has not changed. New options for when quarantine can end, based on local availability of testing for people without symptoms, include:

- On day 10 without testing
- On day 7 after receiving a negative test result

The CDC continues to also endorse quarantine for 14 days but recognizes that this reduction in time may make it easier for people to quarantine by reducing economic hardship and lessen stress on the public health system.

February 2, 2021 Vaccine Information

A vaccine for COVID-19 is now available. According to the CDC, the vaccine cannot give you a COVID-19 infection. None of the COVID-19 vaccines in the United States are made with the live virus. The following is information from the CDC regarding the COVID-19 vaccine:

- All of the vaccines available in the US have been shown to be highly effective in preventing the virus
- All vaccines in development are being carefully evaluated in clinical trials and are only authorized/approved if they make it substantially less likely you'll get COVID-19
- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19
- Getting vaccinated may also protect people around you
- Experts continue to conduct more studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19
- Clinical trials of all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine. If that is substantially proven, the vaccine is approved under what is known as an Emergency Use Authorization (EUA).
- Getting COVID-19 may offer some natural protection, known as immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. However, experts don't know for sure how long this

protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.

If you would like to read more or have further questions, here is a link to the CDC's frequently asked questions regarding COVID-19 vaccination: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

August 23, 2021 Delta Variant

On July 27, 2021 the CDC released new information about a variant of COVID-19 called the Delta variant. The delta variant is believed to cause more infections and spread faster than early forms of SARS-CoV-2. The Delta variant is currently the predominant strain of the virus in the United States. Below is a summary of what CDC scientists have recently learned about the Delta variant:

- The Delta variant is more contagious
- Some data suggests that the Delta variant might cause more severe illness than previous strains in unvaccinated persons
- Unvaccinated people remain the greatest concern. Although breakthrough infections (those that happen in vaccinated persons) happen much less often than infections in unvaccinated people, individuals infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit it to others. CDC is continuing to assess data on whether fully vaccinated people with asymptomatic breakthrough infections can transmit.
- Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period.

Information is scarce regarding the possibility of infection with the Delta variant in those who have previously had other strains of COVID-19. Studies have shown that re-infection is rare, but not impossible due to the complexity of each person's immune system. The CDC still recommends that even if you have had previous COVID-19 infection, the best way to protect yourself is to get vaccinated.

The CDC also states that:

- Vaccines continue to reduce a person's risk of contracting the virus that causes COVID-19, including the Delta variant
- The COVID-19 vaccines authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For such people, the vaccine still provides them strong protection against serious illness and death.

January 23, 2022 Update on Quarantine and Isolation

The CDC has recently updated its quarantine and isolation recommendations for the public. Currently, for quarantine (if you were exposed), the CDC recommends unvaccinated individuals to stay home and stay away from people for at least 5 days. The date of your exposure is day 0 and day 1 is the first full day after your last contact with a person who has COVID-19. For

vaccinated individuals, the CDC states that you do not need to stay home unless you develop symptoms.

For isolation (you have tested positive for COVID-19), regardless of vaccination status, the CDC recommends that you stay home for 5 days and isolate from others in your home. Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your specimen was collected. If you must be around others in your home, the CDC recommends wearing a well fitted mask.

Isolation may end after 5 full days if you are fever-free for 24 hours without the use of fever reducing medication and your symptoms are improving.

The CDC recommends that for both quarantine and isolation, you should take precautionary measures until day 10 such as:

- Wearing a mask
- Avoiding travel
- Avoid being around people who are at high risk

January 23, 2022 Update on the Omicron variant in the US

Omicron is a COVID-19 variant that was first identified and named in November, 2021 from samples taken in Botswana and South Africa. The first case of Omicron was identified in the US on December 1, 2021. The CDC is working with state and local public health officials to monitor the spread of Omicron. As of December 20, 2021, Omicron has been detected in most states and territories and is rapidly increasing the proportion of COVID-19 cases it is causing. Here is what the CDC currently knows about Omicron:

- The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.
- More data are needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.
- Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur. With other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters.
- Scientists are working to determine how well existing treatments for COVID-19 work. Based on the changed genetic make-up of Omicron, some treatments are likely to remain effective while others may be less effective.

Link to the Center for Disease Control’s full YouTube channel with current information

The CDC has created a YouTube channel where they update the public frequently on COVID-19. This is where we recommend looking for the most up-to-date information:

<https://www.youtube.com/playlist?list=PLvrp9iOILTQaJa78zFQ0QgvShQ2HEwHxP>.

Link to the Center for Disease Control’s Disinfecting your home suggestions

The following is a link to the CDC’s web page which outlines their guidelines for disinfecting your home if someone is sick (updated march 17, 2020): <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>

Link to the World Health Organization’s question and answer on coronaviruses and COVID-19

The following is a link to the World Health Organization’s Q&A on coronaviruses, specifically, COVID-19: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>. It also contains the most up-to-date information that we know about COVID-19.

References:

Center for Disease Control, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Johns Hopkins Medicine, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-disease-2019-vs-the-flu>

World Health Organization, https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200310-sitrep-50-covid-19.pdf?sfvrsn=55e904fb_2

Precautionary Coronavirus (COVID-19) Liability Release Form

Due to the 2019-2020 outbreak of the novel Coronavirus, COVID-19, we are taking extra precautions with the intake of each client, health history review, as well as sanitation and disinfecting practices. Please complete the following and sign below.

Symptoms of COVID-19 include:

- Fever
- Fatigue
- Dry cough
- Difficulty breathing

I, _____ agree to the following:

_____ I understand the above symptoms and affirm that I, as well as all household members, do not currently have, nor have experienced the symptoms listed above within the last 14 days.

_____ I affirm that I, as well as all household members, have not been diagnosed with COVID-19 within the last 30 days.

_____ I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 within the last 30 days.

_____ I affirm that I, as well as all household members, have not traveled outside of the country, or to any city outside of our own that is or has been considered a “hot spot” for COVID-19 infections within the last 30 days.

_____ I understand that this business and my massage therapist cannot be held liable for any exposure to the virus or any other contagion caused by misinformation on this form or the health history provided by each client.

By signing below I agree to each above statement and release the massage therapist and business from any and all liability for the unintentional exposure or harm due to COVID-19.

Your massage therapist and all employees of this facility agree that they abide by these same standards and affirm the same. We also affirm that we have improved and expanded our sanitation protocols to more thoroughly fight the spread of COVID-19 and other communicable conditions.

Signed: _____ Date: _____

Coronavirus (COVID-19) Overview Exam

1. What are coronaviruses?
 - A. A large family of viruses that are common in people and many different species of animals
 - B. A small family of viruses that are common in people and many different species of animals
 - C. A large family of viruses that infect only humans
 - D. A small family of viruses that infect only animals
2. Which of the following strains of the coronavirus is responsible for the coronavirus disease of 2019 or COVID-19?
 - A. 229E
 - B. HKU1
 - C. MERS-CoV
 - D. SARS-CoV-2
3. Which of the following bodily fluids is considered to be the main way COVID-19 spreads?
 - A. Blood
 - B. Respiratory droplets
 - C. Urine
 - D. Vomit
4. Which of the following age groups are at a higher risk for contracting serious COVID-19?
 - A. Infants up to 1 year old
 - B. Children from 2-10
 - C. Adults from 20-40
 - D. Adults over the age of 60
5. All of the following are symptoms of COVID-19 illness EXCEPT:
 - A. Fever
 - B. Cough
 - C. Ear ache
 - D. Shortness of breath
6. Both influenza and COVID-19 are types of:
 - A. Bacterial infections
 - B. Bloodborne pathogens
 - C. Parasites
 - D. Viruses
7. What is the recommended time frame to wash your hands?
 - A. At least 5 seconds
 - B. At least 10 seconds
 - C. At least 15 seconds
 - D. At least 20 seconds

8. What is the recommended percentage of alcohol in a hand sanitizer to kill the coronavirus?
 - A. At least 30%
 - B. At least 40%
 - C. At least 50%
 - D. At least 60%

9. How often should items used during the massage session, such as your table and oil bottle be sanitized?
 - A. Between each massage session
 - B. Once daily
 - C. Once a week
 - D. Once a month

10. All of the following are ways you can communicate with clients about what you are doing to decrease the risk of COVID-19 infection EXCEPT:
 - A. Use an N95 facemask and gown even when you are not sick
 - B. Post on your social media
 - C. Call repeat clients
 - D. Post a notice on your door or treatment room

11. What information could be posted on social media or on a sign letting your clients know how you are helping to protect them from COVID-19 exposure?
 - A. How you handle laundry
 - B. How often you sanitize pens, credit card machines, and other objects in your office
 - C. What you are doing with your own personal hygiene
 - D. All of the above

12. Which of the following is a general precaution for every client to help prevent the spread of disease, such as COVID-19?
 - A. Avoid the use of intake forms
 - B. Avoid asking your client if they have traveled to an area of coronavirus exposure
 - C. Use gloves if you are uncomfortable for any reason with a client
 - D. Always treat every client that comes to you, regardless of your expertise

This completes the Coronavirus (COVID-19) Overview exam.