

COVID-19 Guideline Resources and Links

While it is important to be up-to-date on the last information about COVID-19 best practice, our collective understanding is evolving rapidly, sometimes contradictory, and varies by location and circumstance.

These organizations publish guidelines and resources related to COVID-19. Use the information on the links below, as well as others, to stay informed and safe.

CDC

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

ABMP

<https://www.abmp.com/covid-updates>

<https://www.abmp.com/back-to-practice/session-protocols>

<https://www.abmp.com/updates/blog-posts/use-personal-protective-equipment-ppe-massage-therapists>

AMTA

<https://www.amtamassage.org/about/news/covid-19-resources-for-massage-therapists/>

Includes extensive links to other resources: CDC, OSHA, ISPA, AIHA

FSMTB

<https://www.fsmtb.org/media/2319/fsmtb20200519guidelinesforpracticecovid-19.pdf>

Neck and Head-Relevant Excerpts:

Facial Protection

“There are three types of facial protection, as defined by the CDC:

1. Cloth face covering. “Textile (cloth) covers that are intended to keep the person wearing one from spreading respiratory secretions when talking, sneezing, or coughing. They are not PPE, and it is uncertain whether cloth face coverings protect the wearer.”
2. Face mask. “Face masks are PPE and are often referred to as surgical masks or procedure masks. Use face masks according to product labeling and local, state, and federal requirements. FDA-cleared surgical masks are designed to protect against splashes and sprays and are prioritized for use when such exposures are anticipated, including surgical procedures.”
3. Respirator. “A respirator is a personal protective device that is worn on the face, covers at least the nose and mouth, and is used to reduce the wearer’s risk of inhaling hazardous airborne particles (including dust particles and infectious agents), gases, or vapors. Respirators are

certified by the CDC/National Institute for Occupational Safety and Health, including those intended for use in health care.”

“The much-talked-about N95 face mask is in this category and is necessary, and currently scarce, equipment for those treating COVID-19 patients in medical settings.

In a massage or bodywork setting, if a client is asymptomatic but unknowingly has COVID-19, then wearing an N95 face mask should protect a therapist.”

<https://www.abmp.com/updates/blog-posts/use-personal-protective-equipment-ppe-massage-therapists> Date of Last Access 6/14/20

“Facial massage—Confirm with the client that they are comfortable with you applying hands-on work to their face; working through their face covering as needed to address sinuses, muscles around the temporomandibular joints, or lymph nodes in this area (if doing lymphatic drainage work), consider using gloves for this part of the treatment. Or, prior to the session, include this type of massage among the work you will not conduct during this time.

Prone positions could be uncomfortable for clients who are wearing face coverings. Consider topping your face cradle and face cradle cover with a cotton pillowcase. Drape it so that it creates a contained hammock under the face cradle that could semi-effectively capture aerosols expelled by a client who is unable to comfortably wear a face covering during face-down positioning. When switching from prone to supine position with this client, ask them to put their face covering on before they turn over into the supine position.

Noting the potential discomfort clients may have wearing a mask in a prone position, consider using side-lying positioning to address the lateral and posterior aspects of the body.”

<https://www.abmp.com/back-to-practice/session-protocols> Date of Last Access 6/14/20

“Both the practitioner and client must wear a face mask during the session. The client must also wear a face mask from the time they enter to the time they leave the facility.

The CDC suggests that COVID-19 infected respiratory droplets can be dispersed when people talk. For this reason, talking is limited to communication about pressure, warmth, and comfort while in the enclosed space of the session room.

Intra-oral or nasal massage is prohibited at this time because it increases the risk of COVID-19 exposure.

Because a face mask is worn for the duration of the massage, safe face massage is not possible and therefore prohibited at this time.”

<https://www.fsmtb.org/media/2319/fsmtb20200519guidelinesforpracticecovid-19.pdf> Date of Last Access 6/14/20