

Isthmus Wellness Covid precautions:

- All surfaces (chairs, desks, door handles, light switches, etc.) are sprayed with disinfectant and wiped with cavicide wipes between clients.
- Any tools that are touched are also sprayed and wiped with disinfectant between each client.
- Soft bedding has been removed from treatment tables.
- Treatment tables and face cradles are sprayed with disinfectant and wiped with cavicide wipes between each client.
- Tables are then covered with a freshly sanitized sheet. Sheets and pillowcases are washed and dried on sanitize cycle (extra hot water). They remain in the laundry room until they are brought out fresh for each client.
- Water/tea is no longer offered in open cups. We have individual bottled water available per client's request, but we recommend bringing your own water bottle.
- Masks and/or face shields are worn by every employee.
- Practitioners practice diligent hand washing and sanitizing, including throughout the treatment.
- Front door remains locked when no receptionist is up front in order to discourage foot traffic or crowding in the lobby.
- Anyone with known Covid contact, or experiencing cold or flu like symptoms will not be allowed to come in.
- Plexiglass partition has been installed at front desk, as well as a card reader. Clients should never have to hand their credit card to anyone. We strongly encourage putting a card on file for 100% electronic billing or self swiping.
- Clients should remain in their cars or outside until waved in or called/texted by their provider and brought straight to their treatment room during safer at home order. After that, clients may enter and use a chair spaced 6 feet apart which is wiped down between each use.
- Hand sanitizing station is offered at the door, along with disposable masks if client does not have their own.
- Our new air purifier is in the main hallway, and covers over 3,000 square feet (larger than our space). You can read up on it by searching for Vollara Air & Surface Pro.
- UVA lamp is used to sanitize rooms when requested.
- Bathroom (single stall) is sanitized and wiped down after each use and once every hour.
- Additional commercial cleaning company has been hired for deep cleaning in addition to our nightly cleaning from Kleenmark.

Extra precautions for high risk clients (made per request):

- We suggest coming in first thing in the morning for maximum social distancing. No reception staff will be present, and only 1 or 2 other clients will be in enclosed rooms with other providers.
- We offer coming in the back entrance and using the very back treatment room, which is around a corner and down another hallway. No other client or provider passes by this room.
- We will use the UVA lamp to sterilize the room prior to appointment per provider's discretion.
- Outside doors will remain locked during duration of treatment
- We suggest using the bathroom before coming to your appointment
- We suggest doing the speaking portion of the appointment over the phone while client is in their vehicle, and then the client will be let in through the back door and led straight to the room.
- We will limit time the practitioner and client are in the same room to 15 minutes or less (allowing time for needle insertion and removal, and other therapies like cupping, if needed).
- We recommend putting a credit card on file in our MindBody system to pay for services online, or purchasing a package, so we can do contactless check-out. This way the client may exit through the back door as well, immediately after their session is complete.
- If absolutely necessary, we can see a high risk client while no one else will be present at all. With the ability to use the back room and separate entrance for the first available morning appointment, any other people will be very far away and behind closed doors.