

Effective 4/3/23, **masking is optional** for physical therapy and Pilates clients, and our team members, in accordance with WA State DOH guidelines.

Ongoing Covid-19 prevention:

- All team members are fully vaccinated.
- All Pilates clients must be fully vaccinated.
- Clients and team members wash/sanitize hands before and after treatment/Pilates session.
- Clients and team members stay home if they are ill.
- All clients and team members must mask if they have lingering cold-like symptoms, such as cough or runny nose.
- All team members must mask when in close contact with patients such as when they are doing manual therapy on necks and shoulders.
- All clients and team members must mask for 10 days following known Covid-19 exposure.
- Clients who test positive for Covid-19 may return on day 6 after onset of symptoms or on day 6 after positive test, for those who are asymptomatic as long as they 1.) test negative on day 6, 2.) symptoms are resolving and 3.) they have been fever free for at least 24 hours. If Day 6 Covid-19 test is positive, they are likely still contagious and should retest in 24-48 hours. Clients may return prior to day 11 if all three criteria are met. Otherwise, they may return on day 11 and a negative test is no longer required. However, Pilates clients who want to workout mask free must have a negative test before discontinuing masking during Pilates sessions. *Onset of symptoms is day 0, or for those who are asymptomatic, day of positive Covid-19 test is day 0.
- Team members with mild-moderate Covid infection who are not moderately-severely immunocompromised, may return to work after the following criteria are met:
 - At least 7 days have passed *since symptoms first appeared* if a negative viral test* is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or if a positive test at day 5-7), **and**
 - At least 24 hours have passed *since last fever* without the use of fever-reducing medications, **and**
 - Symptoms (e.g., cough, shortness of breath) have improved.
- Team members who are asymptomatic throughout their Covid infection and are not moderately-severely immunocompromised, may return to work after the following criteria are met:
 - At least 7 days have passed since the date of their first positive viral test if a negative viral test* is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or if a positive test at day 5-7).
- If a member of client or team member's household tests positive for Covid-19, that client or team member must test before coming to the clinic. They should stay home if the test is positive.
 - If the test is negative and they are asymptomatic, they may come in, but they should wear KN95/N95 mask. They should continue to test daily.
 - If the test is negative, but they have symptoms, they likely have some other virus and should cancel if they are in the first few days of the illness and/or have a fever.
- Cleaning of all surfaces between treatments with Protex.
- Use of air filters that clean the air in our treatment rooms and small studio spaces 5x/hour down to .3 microns.
- Urging all community members to get vaccinated.
- Continue to update policies based on guidance from local government and the CDC.

Please contact Elizabeth Rogers directly with any questions or concerns. She is available via clinic phone (206-535-7356) and email (elizabeth@elizabethrogerspt.com).