

Shiatsu Therapy Guidance for Infection Prevention Covid-19

Revised on 21 September 2020

In order to ensure a safe treatment environment for both clients and therapist, and to minimize the chance of spreading Covid-19, the Shiatsu Therapy Guidance has been set up. This Guidance is subject to the conditions that RIVM has set for the practice of contact professions, De Leidraad Infectiepreventie Covid-19 provided by the sector organizations for the complementary care RBCZ, KAB, NIBIG and FLICZ, and the additional advice given by the professional association SVN (Shiatsu Vereniging Nederland).

Appointment and cancellation

- A question list will be sent out to you which you need to fill in, sign and send back by email prior to your appointment. You can also bring the signed list with you if all the answers are “NO”.
- **The treatment cannot take place:**
 - if you have any covid-19 related symptoms, such as cold, flu-like, dry cough, fever, shortness of breath and so on
 - if you are in close contact with a person who has one of these symptoms
 - more information to be found in the Question List Infection Prevention Covid-19.
- After the risk assessment together with you, an appointment will be confirmed.
- **You are required to cancel the appointment or contact me to discuss this if you get any of the suspicious symptoms before your appointment.** Until further notice, these cancellations, regardless of whether they are timely, will not be charged.
- The ongoing treatment process can be stopped if there is any risk noted by me.

Practical information for clients

- Please come alone as much as possible and on time, maximal 5-10 minutes before your appointment to avoid unnecessary waiting.
- The waiting area has been arranged in such a way that you are able to keep at least 1.5 meters away from others.
- Take as less stuff as possible with you and put all the essential stuff away in your bag or jacket pocket.
- Touch as little as possible in the waiting area and in the practice room.

- **Bring and/or wear the following stuff**
 - your own clean towels, shawls and/or blanket (one small and two big)
 - clean clothes and socks
 - your own bottle of (warm) water
- Wash hands and use the paper tissues to dry before and after the treatment. There will also be disinfectants available in the practice room.
- Payment will take place through an online link.
- You might be suggested to wear a face mask if necessary.

Therapist, Treatment and practice room

- Hygiene working has always been my priority. Besides the regular cleaning measures, now extra attention will be paid to:
 - use disinfectants for hands
 - clean and disinfect the contact points such as door handles, table after each treatment
 - use disposable cover under client's face
 - avoid unnecessary use of cushions, blankets and other supporting stuff
- I will keep 1.5 meters distance between us whenever possible. No hands shaking!
- I will use protection materials such as gloves, face masks, glasses whenever necessary

Last but not least, although this pandemic has caused a lot of physical, mental/emotional stress among us, it is sincerely trusted that Shiatsu can bring our body, mind and heart back in harmony and peace, can let us reconnect with our Hara/Dan Tian/center, and can help us to find our life strength again.

Let the energy flow, together safely and confidently ...

With love,

Dong Zhang

Disclaimer: despite all the precautions that have been taken, the chance remains, however minor, that you will become infected in practice or on your way here. By making the appointment you agree to this risk.

