

## **Suggested COVID-19 Intake Questions – June 19, 2020**

As massage therapy “reopens” in California, the current COVID-19 pandemic underscores the importance of a proper client intake in identifying possible pathologies. CAMTC encourages Certificate Holders to include the below questions as part of their regular client intake process. These questions are meant to help massage therapists:

1. Assess and minimize the risk of spreading COVID-19 by identifying potentially communicable clients, and
2. Best serve COVID-19 survivors who may suffer from a wide variety of complications including, but not limited to, blood clotting, renal failure, arrhythmia, seizures, chronic headaches, fatigue, and muscle damage.

When working with clients during these uncertain times, CAMTC encourages Certificate Holders to proceed more cautiously than normal. Asking proper questions helps massage therapists to make clinical decisions that maximize benefits while minimizing risks.

### **Suggested COVID-19 Intake Questions**

1. Have you been tested for COVID-19? If so, when? What was the result?
2. In the last 14 days:
  - a. Have you been in contact with anyone who has been diagnosed with COVID-19 or has had coronavirus-type symptoms.
  - b. Have you been asked to self-isolate or quarantine by a doctor or local public health official?
  - c. Have you been somewhere with a high infection rate?
3. Do you now, or have you recently experience, any of the following as a NEW PATTERN since the beginning of the pandemic:
  - a. Fever
  - b. Chills
  - c. Shortness of Breath
  - d. Cough
  - e. Sore Throat
  - f. Nasal, sinus congestion
  - g. Loss of sense of taste or smell
  - h. Persistent Chest Pain or Pressure
  - i. Diarrhea, digestive upset
  - j. Skin marks, lesions, or rashes (especially on the feet)
  - k. Fatigue
  - l. Sudden onset of muscle soreness (not related to a specific activity)
  - m. Discomfort with exertion or exercise
4. If you tested positive for COVID-19 or believe you may have had COVID-19, but were not tested:
  - a. Has your medical doctor cleared you to return to work or to end self-isolation?
  - b. Has your medical doctor advised you to return to normal activity levels?
  - c. Describe your daily physical activity?
  - d. Are you taking any drugs to manage blood clotting?
  - e. What other long-term, post-infection complications continue to affect your life?

CAMTC provides the above questions merely as a suggestion for possible additional questions that CAMTC Certificate Holders might want to add to their client intake process. By providing these questions, CAMTC makes no promises, warranties, or guarantees of any kind whatsoever. CAMTC Certificate Holders must use their own judgment in making the determination of whether to provide massage to a specific client or not.