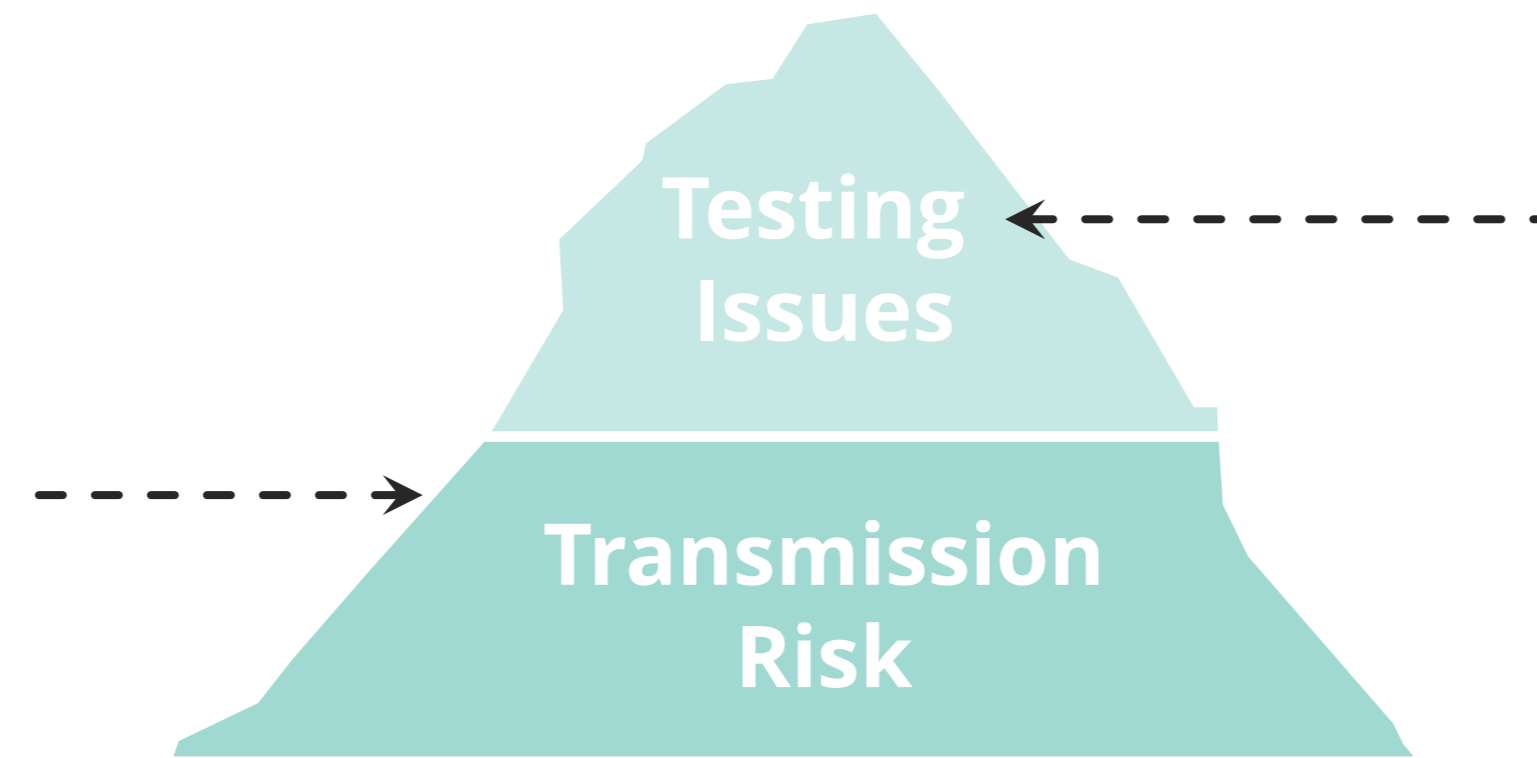


Massage Therapy and COVID-19

The Knowns:

The risk of getting or spreading COVID-19 increases the longer people are together and the closer they are, even if cloth or surgical masks are worn. Physical distancing isn't possible for massage and that makes it too risky no matter what safety and disinfection measures I take.



In an Indiana health dept. and IU study, 45% of positive cases randomly tested were asymptomatic. Studies have shown that 20%+ of positive COVID-19 tests are false negatives. According to health authorities, not enough people are being tested, testing results are taking too long to stop the spread, and too many of the tests are positive.

The Unknowns:

Studies show that people who contract COVID-19 can get it again and that those who have no symptoms can spread the virus but how many people and for how long are yet to be determined.



There's a growing evidence of serious long-term effects in people who have or have had COVID-19 (even symptom-free) such as respiratory, neurological, systemic blood clotting, and heart issues, etc. The risks of massage for these issues and how to screen for them are still unknown.

Research shows that standard indoor ventilation systems are inadequate to prevent COVID-19 air transmission, and best practices and proper equipment are not yet available.

The timeline for effective prevention, treatment and eradication of COVID-19 is uncertain.

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