

March 18<sup>th</sup>, 2020

Good day everyone,

As you are aware, the CMTNL has been following the COVID-19 pandemic very closely and providing appropriate recommendations to ensure we do our part in containing the spread of the virus. In light of the most recent advice from Public Health, the CMTNL would like to provide additional recommendations.

The Department of Health and Community Services as stated that they have concerns about members of the public not properly following self-isolation measures after returning from travel abroad, making it very hard for practitioners to determine the risk for transmission. And due to the nature of our profession it is not possible to maintain a safe social distance. Our professional liability insurance has released a statement saying that if a client claims they were infected by the virus while in your care you will not be covered.

With this in mind, the CMTNL is now recommending that RMTs consider suspending all non-essential services to the public. This will essentially suspend clinic operations with the exception of the services to patients that would experience a significant exacerbation of symptoms or significant deterioration of their condition in the absence of care. We are also recommending the following:

- Clinics should not hold regular clinic hours, also making sure to scheduling at least 15
- Minutes of time between the end of one appointment and the beginning of the next to allow for proper clinic disinfection and to create social isolation measures where at all possible.
- Following any patient visit, RMTs are encouraged to spray any contacted surfaces with a disinfecting solution and to follow the instructions contained on the product with respect to **Disinfection** for viruses such as COVID-19. For reference, disinfection with a 10% bleach solution can take 5-10 minutes of wet surface contact to be effective so please use appropriate discretion with respect to what constitutes adequate disinfection.
- Where at all possible, clients should be advised to wait in their cars until their appointment time and not show up early or late for appointments to ensure adequate spacing measures remain effective.
- When seeing clients, it is advisable that clients enter the clinic and go straight to a treatment room without touching any surfaces in the waiting room or other areas to reduce the potential for transmission. that any financial transaction be completed by electronic transfer following the visit.



Please be assured that we have not arrived at this decision without careful deliberation. These measures are extraordinary indeed however we are currently dealing with an event which we have not seen in recent years and we need to exercise a level of precaution that is appropriately extraordinary.

As per information being circulated by public health officials throughout the country and the world, it would be advisable for you to prepare for this recommendation to stay in effect for an extended period of time which could amount to many weeks or even months depending on the province's ability to contain the spread of this virus.

As always, the CMTNL will continue to communicate with the registrants in a timely manner should any changes occur with respect to this recommendation. Please know that if you require any further guidance or information, you can contact us at any time, and we will do our best to provide the necessary guidance.

Stay safe,

Jessica Moore,

CMTNL Chair