



Protection from Infectious Diseases and Pandemics Policy

Effective date: January 15, 2023

Amended:

About this policy

Registered Massage Therapists (RMTs) have a responsibility to minimize the risk of spreading infectious disease in the workplace and the population in general. This includes adopting best practices recommended by public health authorities for minimizing the spread of infection, including providing materials and supplies.

MTANS responsibilities to members

- MTANS will research and communicate information for managing the spread of infectious disease within member organizations. This includes distributing public health protocols to prevent the spread of infection and updating those protocols when new information becomes available;
- MTANS will also communicate temporary amendments to any existing policies in keeping with recommendations by public health officials.

Member responsibilities to clients

Everyone has a role to play in keeping workplaces safe. To prevent the spread of infectious disease, RMTs should:

- Engage in personal hygiene and cleaning practices, including frequent hand washing and sanitizing, as well as coughing or sneezing into sleeves instead of hands or the air;
- Abide by protocols established by public health officials;
- Clean and disinfect workspaces between client visits;
- If required to do so, use personal protective equipment (PPE), such as face masks, gloves, etc. in accordance with practices recommended by management and public health authorities;
- Follow guidelines associated with notifying clients and others of any known, recent, or

- direct exposure to infectious disease;
- If exhibiting symptoms of an infectious disease, stay home until you are confident you are fit and able to work and do not pose a risk to the health of clients, co-workers, or the general public. This includes adhering to any quarantine recommendations made by public health officials;
- Cooperate in return-to-work protocols following an absence due to an infectious disease; and
- If required by public health guidelines, establish a system for clients and/or employees to report their status during a pandemic, including what information they are required to communicate (and how) and when they should stay away.

Pandemic continuity planning

While the world is currently grappling with COVID-19, chances are likely that organizations will need to respond to future pandemics. Protecting yourself and others from respiratory illnesses like pandemic flu starts with good planning which can limit spread and reduce negative impacts on organizations.

The objective of pandemic planning is to enable organizations to be better prepared. Planning may help to reduce transmission of the pandemic virus, to decrease cases, hospitalizations and deaths, to maintain essential services, and to reduce the economic and social impact of a pandemic. To assist RMTs with their planning efforts, a Pandemic Business Continuity Plan Checklist accompanies this policy.

Relevant documents

- Pandemic Business Continuity Plan Checklist
- *Health Protection Act* (Nova Scotia)
- *Emergency Management Act* (Nova Scotia)
- *Emergencies Act* (Canada)