



# Covid-19 safety measures

We, at Blooming Mamas, believe that it is important to provide this information to ensure that all mamas feel safe & comfortable in receiving self-care treatments at our clinic. We ensure to strictly adhere to the Public Health Standards & Guidance at all times as issued under the Public Health Act Chapter 465 of the Laws of Malta .

We thank you in advance for understanding and greatly appreciate your support.

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## Scheduling Appointments

- Treatments are available by appointment only. No walk-ins are allowed.
  - We only allow one client at a time at the clinic room. No companions are allowed in at this time in an effort to keep enforcing Social Distancing.
  - All appointments are spaced enough to avoid clients coming into contact with each other.
  - An email will be sent prior each appointment to ensure that clients are aware of what is expected of them as part of the hygiene and infection control measures.
  - The client's contact details are recorded for the purpose of contact tracing.
  - Clients are contacted before their appointment asking whether they have had any respiratory symptoms for the last 7 days or if they are in mandatory quarantine.
  - When possible, consultations are done via telephone to limit contact time as much as possible.
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## Arrival at clinic

- Please bring your face masks, or we have the right to refuse service. It is mandatory to wear a face mask. Masks are also available for purchase.
  - All clients will have their temperature checked using a contactless forehead thermometer before entering the clinic room.
  - We have the right to refuse entry of clients if they are visibly unwell or have diarrhea, loss of smell, or any respiratory symptoms including coughing, fever, shortness of breath, runny nose or sore throat.
  - We advise all mums to arrive just before their appointment and leave immediately thereafter.
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## Treatments & services

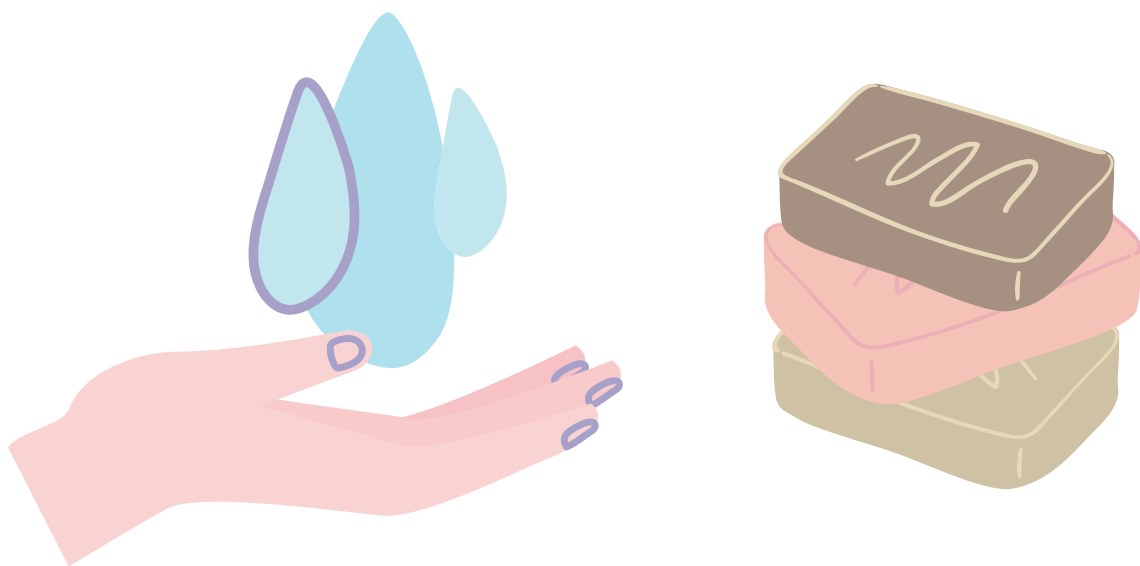
- The midwife will be wearing a face mask/visor and disposable apron. Gloves are worn when required.
- All mums must wear a face mask (covering mouth, nose and chin) or visor at all times. Exception is given during lying face down massages only (for postnatal mums).
- Full facial massages are not offered.
- Information about services, prices, aftercare advice and follow up appointments are given electronically to avoid handing out leaflets/papers/appointment cards etc.
- No beverages are offered after treatments – Kindly bring your own.



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## Maintenance and Sanitisation

- The clinic room is thoroughly cleaned with a medical grade disinfectant before the start, in-between every single client, and at the closing of each day. This includes disinfecting all surfaces, massage couch, chairs, wash hand basins, door handles, light switches, shelving and all touch points.
- We allocate enough time between clients to ensure everything is above and beyond sanitation and disinfection requirements.
- Hand sanitizers containing 70% alcohol is made available at the clinic room for clients' use.



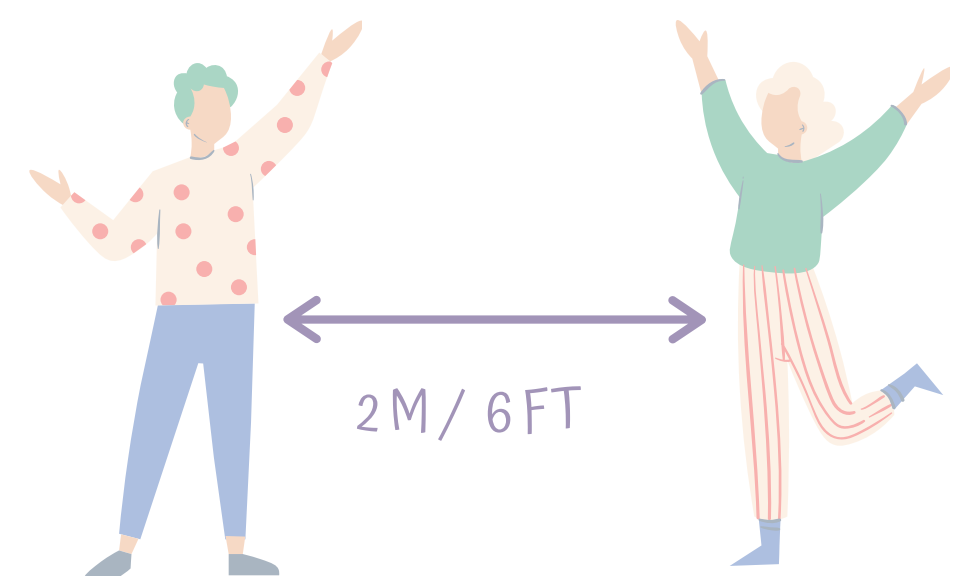
### WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



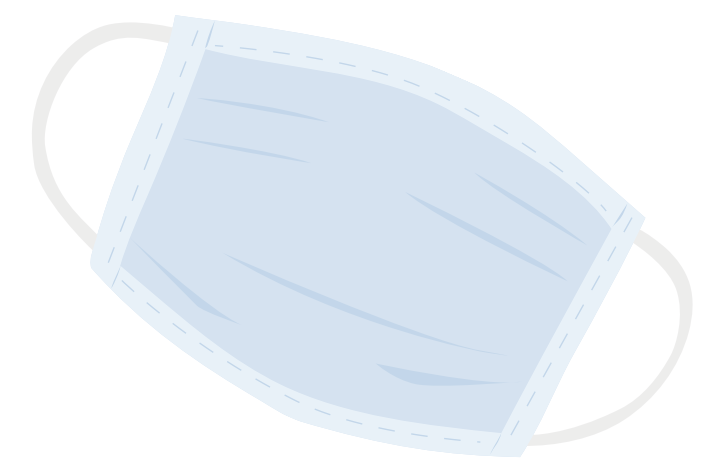
### AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



### MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters (6 feet) distance



### IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

