

GUIDELINES ON MINIMUM SAFETY & HEALTH PROTOCOLS FOR SPA & WELLNESS ESTABLISHMENTS UNDER THE NEW NORMAL*

Prepared on the 1st of July 2020 for Submission to the Philippine Government
by Philippine Spa & Wellness Stakeholders.*

This draft remains an unofficial guide until the approval of the IATF.

BACKGROUND

On 11 June 2020, a group of volunteer stakeholders from Luzon, Visayas and Mindanao of the Spa and Wellness Industry came together via online meeting. In the same meeting, a Technical Working Group (TWG) was formed to lead in the drafting of the proposed Guidelines.

With the support of Asec. Robby Alabado, Director for Medical and Wellness Tourism for the Department of Tourism (DOT) and Ms. Jing Esmana (from the same office), and co-chaired by Ms. Cathy Turvill of Nurture Wellness Village, several consultation and technical meetings took place until the submission of this proposed Guidelines on the Minimum Safety and Health Protocols for Spa and Wellness Establishments.

Carefully reading reliable literatures like those from the Philippine Government, CDC, WHO, and others, the TWG used these as basis for the proposed requirements. The TWG endeavored to stay away from personal biases and preferences and instead used scientific and medical information to guide us in formulating the guidelines. Everyone is aware that the proposed Guidelines shall be subject to review and acceptance of an Infectious Disease Specialist who understands both the pathology of the disease, undertakings and set up of Spa and Wellness Establishments who DOT shall identify.

The Guidelines reflect only the minimum "new" practices, procedures and policies in the running of a Spa and Wellness Establishment in the midst of the Covid-19 Pandemic. This document does not reflect the standard Operating Procedures prior to Covid-19.

In crafting these Guidelines, various in-depth consultations were made to include both the sighted and visually impaired Massage Therapists, and Spa and Wellness stakeholders from Luzon, Visayas and Mindanao. The proposed protocols & guidelines are intended to protect everyone involved. It may not be easy and may pose a challenge to some usual conveniences but nonetheless, even very small Spa and Wellness Establishments would be able to comply.

ACKNOWLEDGEMENTS

Sincere gratitude is extended to Asec Alabado and Jing Esmana of the **Department of Tourism, Philippine Spa and Wellness Stakeholders** - Catherine Turvill (Nurture Wellness Village), Vikki Aquino (The Retreat Spa and The Sole Retreat at Okada Manila), Jennifer Sanvictores (The Farm at San Benito), Ivy Maines Diaz (IMD Wellness-Spa Solutions) , Atho De La Cruz (Lila Spa, Savoy Hotel Boracay and Aqua Spa Belmont Hotel Boracay), Dermcare President Zenaida Palisoc and Dermcare Medical Director Dra Earl Caroline P. Orate , MD. DPAPSHPI (Phil. Asso. of Primary Skin care Physicians)- for their generous contributions of time and expertise and most especially to the **Technical Working Group** led by Cherry Faye Al-ag (Elysia Wellness Spa, DavWell), Benjie & Bernard Eugenio (Asian Wellness and

Spa Academy), Lorinda De Guzman (Philippine Association of Licensed Massage Therapists), Engr. Earl James Logarta (Avastha Massage & Reflexology), Patricia Marie Villano (Avastha Massage & Reflexology), Merrick Siao (Grand Royal Spa), and Vivian Serato (Elysia Wellness Spa) for their relentless research on international safety protocols to ensure that only the best practices would be incorporated into this document.

INTRODUCTION

This document sets the minimum safety guidelines and health protocols which the Spa and Wellness establishments shall adhere to during the “new normal.” It aims to create a work environment that is safe and secure for the Therapists, Clients, and the Community.

Spa Establishments are defined herein as any establishment offering massage services and/or facial and body treatments including scrubs, wraps, soaks, steam, sauna, jacuzzi services. Recommended guidelines apply to day spas, hotel spas, resort spas as well as on-site and off-site massage services and facial centers.

The guidelines stated herein covers validated safety and health information on coronavirus from trusted sources and aims to provide protection to Client and Therapist by preventing, as much as possible, the entry and transmission of the virus. The guidelines consider practicality, cost-effectiveness, and sustainability for Spa and Wellness establishments (i.e. day spa, hotel/resort spa, destination spa) regardless of its size and location, for both sighted and visually impaired Therapists in the Philippines.

Interim guidelines set forth by the Department of Trade and Industry (DTI), Department of Labor and Employment (DOLE), the Department of Health (DOH), the World Health Organization (WHO), and Centers for Disease Control and Prevention (CDC) were all referenced in this document.

Information, Education and Communication (IEC) Campaign*

In order to reduce the risk and spread of the disease as well as to improve the Clients' and Therapists' literacy and understanding, it is necessary that each establishment provides accurate and factual information on the prevailing disease. This will enable the Clients and Therapists to make better decisions and encourage cooperation with policies imposed by the establishment.

It is the duty and responsibility of the Spa Owner / Manager to educate their Therapists about COVID-19, its routes of entry, its modes of transmission, ways to prevent infection, and the current updates of the Government. For the Clients entering the establishment, dissemination of information can be channeled through posters, infographic materials, videos, social media, and frequent reminders. The Spa Manager / Front Desk Officer shall ensure that Clients are made aware of all of the new procedures that were implemented prior to the start of the session.

**IEC should include the minimum topics:*

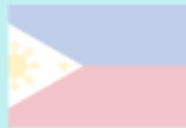
- What is coronavirus?*
- Transmission of the virus*
- Ways to prevent infection*
- Risk factors and vulnerable individuals*

Current Guidelines and Legal Requirements

As we set the new guidelines, let us be refreshed by the current guidelines that all Spa and Wellness establishments are already doing. These guidelines and legal requirements allow us to compare where we are now to what we will be doing in the “new normal” when re-opening our establishments amidst the threat of the coronavirus disease (COVID)-19.

Under the Presidential Decree 856 or the Code on Sanitation of the Philippines, the following are the standard practices for massage and sauna bath establishments:

- Therapists must wear clean uniform
- Personal hygiene must be observed
- Hands (including the forearms and elbows) shall be washed with soap and water before and after every massage sessions
- Usage of 70% isopropyl alcohol
- Toilets / Restroom shall be provided with soap and towels
- Fingernails should be cut short and clean. No nail polish allowed.
- Long hair must be tied at the back or be kept away from the Client
- Watch and jewelries are not allowed to be used during massage sessions
- Linens, pillow cases, towels, shorts and/or pajamas shall be replaced after every Client
- The face hole or face cradle must be cleaned and disinfected after every Client
- Massage / Treatment accessories (ex. ventosa cups, jade/hot stones) are sanitized after every Client



Guidelines for the Practice of spa & Massage SERVICES

	MINIMUM REQUIREMENTS	OPTIONAL
EQUIPMENT	<ul style="list-style-type: none"> •Foot bath prior to entry (wet and dry mat)- day spas etc •Thermal scanner •Alcohol or sanitizers near the entrance 	<ul style="list-style-type: none"> oHEPA filters oHygiene kits for Clients and Therapists (i.e. sanitizer, soap, alcohol, wet wipes) oUV lights oFront desk barrier (either acrylic or transparent plastic)
PROTOCOL OFFICER	<ul style="list-style-type: none"> •Assign a designated Protocol Officer whose job is to ensure protocols are strictly and consistently followed on a daily basis. •He/she is also tasked to check/inspect/monitor tracking and documentation and escalate cases to management, if they arise. 	

S T A F F / THERAPISTS	<ul style="list-style-type: none"> ●Clients/Therapists shall wear a different pair of shoes/slippers/shoe covers once they enter the establishment. ●Therapists shall either change uniform every after Client or change protective gown every after Client. ●All staff's temperature and last 3 points of location (for contact tracing) are taken prior to entering the spa and recorded daily before entry. ●All staff's conditions are monitored at all times. ●Any Therapist who has flu-like symptoms must be sent home at once. ●The Therapists shall wear face masks once inside the establishment. The Therapist must have at least two (2) sets of clean face masks: one for use outside/street and the other one for inside the establishment. ●If using a disposable mask, it only be used for a maximum of 8 hours. ●Masks to be replaced immediately once soiled or wet ●Uniforms of Therapists shall only be worn inside the establishment. Or If the uniform has to be worn while traveling from home to the workplace, a protective covering (ex. jacket) must be placed on top. ●Social or physical distancing between Therapists even during their break times shall still be observed. ●Spa Owners / Managers shall ensure that their Therapists are covered by PhilHealth. 	<ul style="list-style-type: none"> ●Therapists and Clients shall take a bath in the establishment prior to commencement of Spa and Wellness service. ●Alternate break periods of Therapists is highly recommended. ●Housing of Therapists and providing vehicles to and from the Therapists' residences shall NOT be made mandatory. However, Spa Owners / Managers may opt to do this. ●If therapists are not housed, it is encouraged that therapists follow a 14 day straight shifting to control outside exposure to COVID
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	MINIMUM REQUIREMENTS	OPTIONAL
C L I E N T SCHEDULING	<ul style="list-style-type: none"> ●Scheduled appointments shall be enforced. Walk-in Clients will be discouraged, UNLESS the establishment is still able to accommodate while observing the 50% of its capacity rule, 	<ul style="list-style-type: none"> ●Utilize Telehealth services for setting appointments, pre-treatment screening and consultation prior to arrival to minimize touch and guest handling at point of arrival.

VENTILATION

- Ensure proper ventilation of the massage room as per PD 856 IRR Section 5.5

- Consult mechanical engineer
- Use Air monitoring equipment

Note 1: In the absence of effective natural ventilation, mechanical ventilation with airflow from a clean area and discharged in such manner as not to create a nuisance, shall be provided with the following:

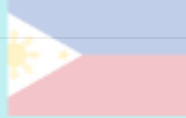
a. Air-conditioning units – provide 1.5 horsepower air conditioner for every 50 cubic meter room volume.

b. Exhaust fans or blowers

1. Massage rooms - provide a 25.40 centimeter diameter blower fan per 35 cubic meter room volume.

2. Toilet and bathroom – provide 15.24 centimeter diameter exhaust fan per 10 cubic meter room volume. Mechanical exhaust systems shall be connected to the light circuits of windowless bathrooms.

*Reference: Department of Health – PD 856 – Code on Sanitation of the Philippines, Chapter XIII (Massage clinics and sauna baths establishments)



**D E E P
CLEANING &
SANITATION**

- Declutter the front desk from objects that might cause cross-contamination such as magazines, books, and pamphlets.
- Frequently touched surfaces such as table tops and door knobs shall be cleaned at least every two hours, or at every contact with the Client.
- Cover the treatment table / massage bed (or the warmer and padding on the massage bed) with a heavy-duty plastic sheet or table protector.
- For foot services (ex. massage, spa, nails) and facial services, the Massage / Treatment Chairs are draped with towels or bed covers. A protective barrier shall be placed between Clients and Therapists.
- Clients shall be provided with a storage box covered with plastic to put all their clothes or belongings. This must be disinfected and sanitized before and after use of each guest.
- Place signs at eye level in the restroom to educate clients about proper hand washing.

- Restrooms / Toilets shall be adequately provided with water, soap and tissue paper. Trash in the comfort room shall be disposed every day.
- Disinfect high-touch restroom surfaces between Clients. High-touch surfaces include door handles, stall doors, the toilet seat, restroom counters, light switches, the toilet handle, faucet fixtures, the toilet paper dispenser, and the paper towel dispenser.

- Place signs indicating that toilet lids should be closed before flushing.

- Clean floors after each client and at the end of the day by mopping hard floors with an approved disinfecting solution

Note 1: Sodium hypochlorite solution at 0.5% (equivalent to 5000ppm) using a ratio of 1:10 shall be used for disinfecting surfaces including soiled clothes, toilets, bodily fluid spilled on the floors, disposed PPEs and similar healthcare wastes, and others

Note 2: Other types of chemical disinfectant such as ammonium chloride, phenols and hydrogen peroxide shall be used according to manufacturer's requirements.

Note 3: All individuals dealing with disinfection processes shall wear appropriate personal protective equipment (PPE)

Note 4: Proper hand hygiene shall be practiced before and after the disinfection activity

Note 5: See Attachment 2 for the specific disinfection

- Vacuum carpeted floors using a vacuum cleaner with a HEPA air filter.
- Ventilate the Massage / Treatment Room at the end of the day by opening doors and windows to circulate fresh air.
- If unable to ventilate the room, spray Hypochlorous Acid solution to disinfect the treatment rooms in between treatments, Solution has to have a pH level of 5 - 6.5 and a PPM of 50-80*

* Reference : <http://professional.ocusoft.com/hypochlorous-acid-during-the-pandemic-a-powerful-natural-tool-for-treating-ibd-and-killing-bacteria-and-viruses-2>

CLIENT SCREENING

Therapists shall assume that Clients are unaware that the risk of infection from COVID-19 increases through close contact with other people, like the level of contact required to provide massage. Therefore, Spa Owner / Manager / Front Desk Officer / Therapist must inform Clients of this risk and obtain their signature indicating that they understand the risk and wish to receive massage therapy. The Client Intake Form can add a statement on liability waiver.

*Sample language:
"I hereby certify that the information given above are true, correct and complete. I understand that I can be held criminally liable for failure to give right information or intentionally provide misinformation."*

• Screening questions shall cover the following:

• No symptoms of COVID-19 in the past 14 days (ex. fever, coughing, sore throat, shortness of breath, chills, headache, aches & pains, loss of sense of smell & taste).

• Not been in contact with anyone who has COVID-19 or symptoms of COVID-19.

• Not been living with anyone who is poorly or self-isolating.

• Not been ill recently and neither has anyone in their household; including a cough or high temperature/fever.

• Not traveled to any country or place considered to be 'high risk' for confirmed cases of COVID-19 in the past 14 days.

• You may also wish to ask them to check their temperature prior to their appointment.

• It is advised that any Client who exhibits the following symptoms: cough, fever, breathlessness, sore throat, headaches within the last 14 days should be recommended to reschedule their appointment until they and their household members have been cleared of symptoms by 14 days, unless these symptoms are due to pre-existing medical conditions.

• Conduct Rapid Diagnostic Testing for Clients and Therapists.

• Pre-screening of Clients shall be practiced prior to entry.

• Provide a separate room (other than the Reception area) where Clients will be pre-screened and assessed for fitness to undergo massage / treatment.



**S O C I A L
DISTANCING**

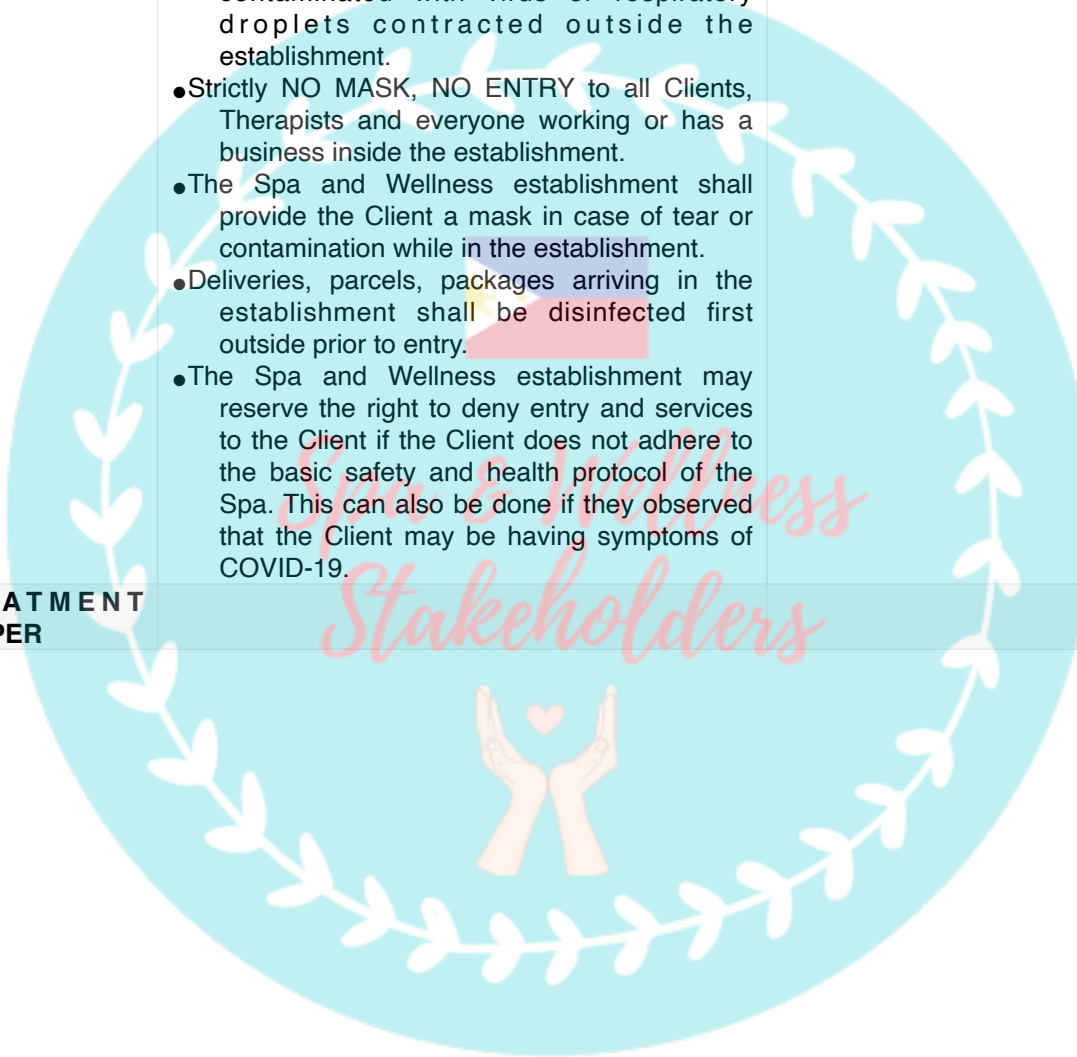
- The Spa and Wellness establishment shall operate at 50% of its capacity, or ensure that the beds and massage chairs are at least one (1) meter radius space (side, back and front) apart.
- Queuing of at least thirty (30) minutes between Clients shall be practiced to increase social distancing for arrivals and departures between Clients; and to allow ample time for sanitation prior to the next massage session.
- Social or physical distancing (of at least 1 meter apart) shall be practiced at all times inside the establishment.
- Ensure that the beds and massage chairs used are at least 1 meter radius space (side, back and front) apart, and Therapists still observing social distancing of at least 1 meter. Visually impaired Therapists will need more than one (1) meter distancing to be able to safely move around.
- Clients shall be placed in alternate beds during massage sessions. All treatments should be done ONE BED APART. Stickers will be placed in unused bed.
- Bringing-in of companions in the premises is NOT allowed. An exemption is made for Clients needing personal assistance, they may be assisted going inside the massage area. The companions shall wait outside the establishment until the session has ended.
- Ensure social distancing measures are observed by maintaining the following:
 - Demarcated lines at the front of the counter placed 3 feet away from the counter. All succeeding demarcation should be placed at least 1 meter apart.

RECEPTION

- Clients and Therapists shall step on the foot bath with disinfectant prior to entry.
- The Establishments will provide Clients their own footwear before they enter
- Front Desk Officers shall wear face masks and face shields all the time.
- Pens used by the Client shall be sanitized with alcohol after every use.
- If the Client arrives with medical gloves, gently request the Client to remove his/her gloves before entry, as gloves might be contaminated with virus or respiratory droplets contracted outside the establishment.
- Strictly NO MASK, NO ENTRY to all Clients, Therapists and everyone working or has a business inside the establishment.
- The Spa and Wellness establishment shall provide the Client a mask in case of tear or contamination while in the establishment.
- Deliveries, parcels, packages arriving in the establishment shall be disinfected first outside prior to entry.
- The Spa and Wellness establishment may reserve the right to deny entry and services to the Client if the Client does not adhere to the basic safety and health protocol of the Spa. This can also be done if they observed that the Client may be having symptoms of COVID-19.

- Practice cashless transactions

**TREATMENT
PROPER**

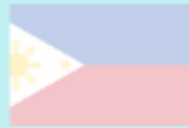


Additional Safety Measures

Note 1: If other options for handwashing (e.g. alcohol-based rub, soap, and water) are not available, sodium hypochlorite solution at 0.05% (equivalent to 500 ppm) using a ratio of 1:100 may be used for handwashing. However, it must be used with caution because frequent use may lead to dermatitis which could increase risk of infection

Note 2: See Attachment D for the specific guidelines in the preparation of sodium hypochlorite solution for hand washing.

***Reference:** Department of Health – Department Memorandum No. 2020-0157 (Guidelines on Cleaning and Disinfection in Various Settings as an Infection Prevention and Control Measure Against COVID-19)



Spa & Wellness Stakeholder



Oral rinsing to prevent transmission (0.5ml of 10% Povidone Iodine + 9.5 ml water used as a gargle for at least 30 seconds) can serve as an additional safety measure to kill the COVID virus*

- Therapist gargles with 100% concentrated mouthwash for at least 30 seconds
- Client is offered concentrated mouth wash in a disposable cup. Client gargles for at least 30 seconds.

In the event that the Therapist or Client are allergic and have thyroid issues to 10% Betadine, other commercially available mouth wash products at lower concentrations may be used but should not be diluted (ex. Chlorohexedine 0.12% (Orahex) oral rinse, Hexetidine (Bactidol) 0.1% Listerine mouthwash

***Ref:** <https://today.uconn.edu/2020/06/uconn-health-researchers-find-simple-oral-rinse-can-inactivate-covid-19-virus/?fbclid=IwAR2mSGs0Lccy0-1OLITCU1WmJDZ3S7trECU37-ucAzArxHlxn0cwFpSKsw4#>

<p>Usage of Personal Protective Equipment (PPE)</p>	<p>ALL Massage Therapists are required to have the following PPE:</p> <ul style="list-style-type: none"> ●Face shield ●Face mask ●PPE, lab gowns, isolation gowns which are changed after every client (<i>Company uniforms shall be replaced after every client if no full body PPE or isolation gowns are used</i>) ●Hair cap/covering <p>PROCEDURE: WEARING OF PPE</p> <ol style="list-style-type: none"> a. Sanitize face shield by spraying with alcohol, wipe clean. b.. Hold sides of the face shield and put on. Adjust straps to fit securely. c. Put on mask and hair cap <p><i>NOTE: The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Therefore, the route of entry for the COVID-19 virus is mainly through the eyes, nose and mouth.</i></p> <p><i>Respiratory viruses, in general, are not known to be transmitted by implantation, transplantation, infusion, or transfer of human cells, tissues. Skin to skin contact per se has less probability of acquiring the virus as compared to having unprotected face</i></p>	<ul style="list-style-type: none"> ●Use of gloves* ●Use of shoe cover (clients) <p><i>*Gloves to be replaced after every Client</i></p>
<p>Massage Modalities and Treatments</p>	<ul style="list-style-type: none"> ● ● ●Swedish ●Shiatsu ●Thai ●Hilot ●Foot services (foot massage, foot reflexology, foot spa) ●Nail Services (manicure, pedicure) <p><i>*note: The sequence of massage shall be modified to remove manipulations in the head, hand and face areas; separate protocols are indicated for Facial services</i></p> <ul style="list-style-type: none"> ● ●Therapists shall be assigned their own containers or bottle for the massage oil or lotion; sharing is strictly prohibited 	
<p>Duration of Massage / Treatment</p>	<ul style="list-style-type: none"> ●The length of actual interaction for massage / treatment sessions shall be at a maximum of up to 120 minutes per Client provided that minimum guidelines are strictly followed. 	

A F T E R TREATMENT		
Tips	All therapist will be provided with plastic re-sealable bags that they can keep in their pockets. Should the client opt to give tip, please advise the client to drop the tip on the re-sealable bags. Therapist must spray the cash and the plastic bag at the end of the day. They may re-use these bags the following duty day. Wash hands with soap and water and use alcohol after handling.	<ul style="list-style-type: none"> ● Provide Therapists with resealable bags, pouch or box for receiving tips.



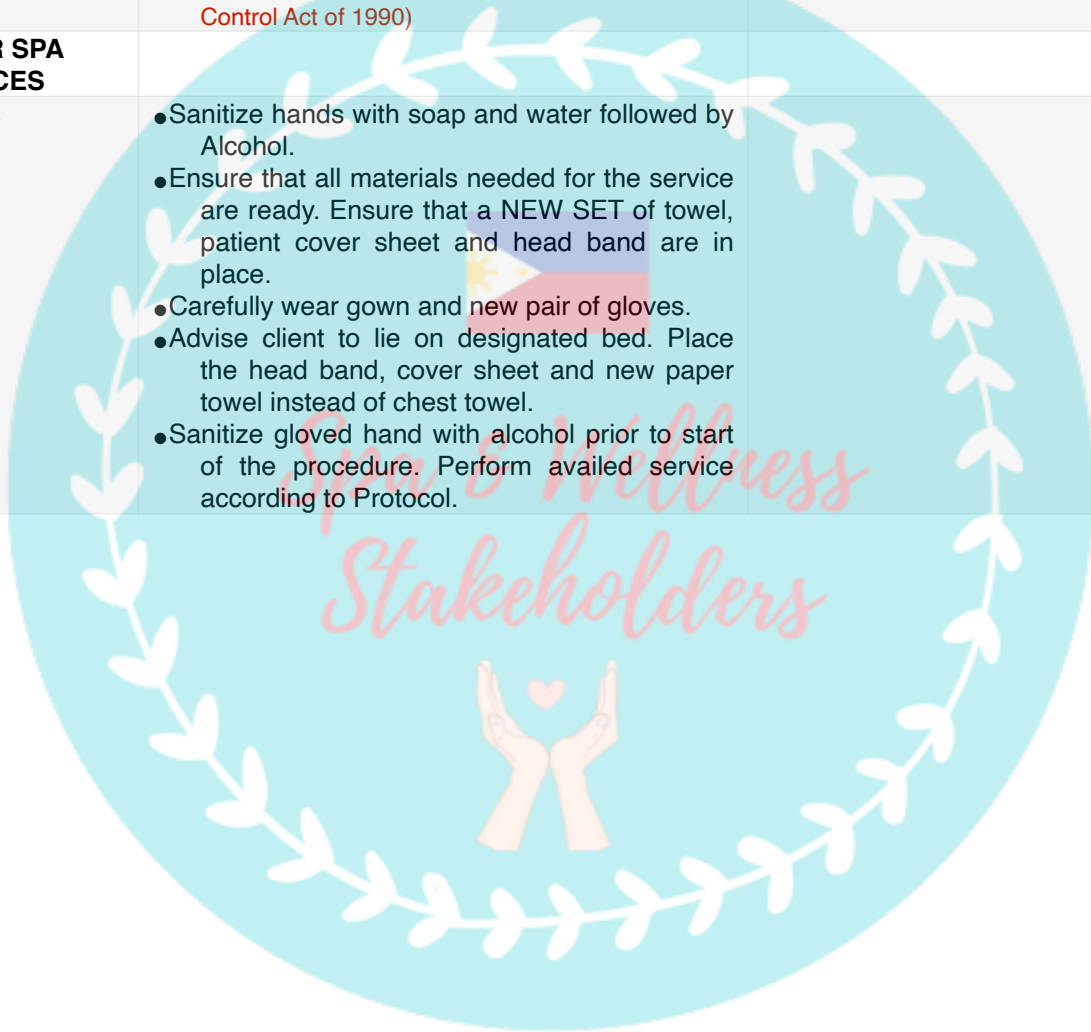
Sanitation and Disinfection

- After each massage session with the Client, the Therapist shall replace all bedsheets, pillow cases, towels, and shorts.
 - Disinfection is always preceded with cleaning.
 - The floor of the Massage / Treatment Room shall be mopped with disinfectant after every client and at the end of each day.
 - Disinfect high-touch surfaces in the Massage / Treatment Room between Clients. High touch surfaces include door handles, counters, tabletops, light switches, massage lubricant bottles, or any surface the Therapist or Client might touch before, during, and after sessions.
 - Deep clean the restroom after each client and at the end of the workday by cleaning the toilet bowl, toilet seat, the toilet lid, the walls around the toilet, and all surfaces with appropriate cleaning products. Disinfect after.
 - Mop restroom floors. Pay special attention to the floor around the toilet which may be a reservoir for microorganisms and body fluids.
 - Ventilate restrooms overnight by opening doors and windows or running air filtration unit in the area.
 - Disinfect the plastic sheet over the massage bed between clients. If a plastic sheet is not used, clean the massage bed with soap and water or disinfect between Clients.
 - All Massage / Treatment Chairs used must be cleaned, wiped down and disinfected with the right disinfectant before the next service.
 - The plastic used to cover the storage box for personal belongings and clothes shall be replaced after every Client. In other cases where a locker is provided, disinfection shall take place after every use.
 - Therapists shall still wear their masks and face shields when handling used linens.
 - Do not shake used linens as this may disperse contaminated respiratory droplets into the air.
 - After handling used linens, Therapists must immediately wash their hands.
 - Disinfect linen prior to laundry.
 - Segregate laundry by infectious and non-infectious laundry.
 - Used linens shall be kept in covered laundry bins and separated from clean linens.
 - Wash linens using liquid disinfectant.
- Use UV lights for disinfection.
 - It is recommended that laundry washing be between 60-90 degrees Celsius.
 - If unable to ventilate the room, spray Hypochlorous Acid solution to disinfect the treatment rooms in between treatments, Solution has to have a pH level of 5 - 6.5 and a PPM of 50-80*

* Reference: <http://professional.ocusoft.com/hypochlorous-acid-during-the-pandemic-a-powerful-natural-tool-for-treating-ibd-and-killing-bacteria-and-viruses-2>

Note 1: Sodium hypochlorite solution at 0.5% (equivalent to 5000ppm) using a ratio of 1:10 shall be

<p>W a s t e Management</p>	<ul style="list-style-type: none"> •Ensure PPE must be used when handling trash. A separate covered trash bin or receptacle shall be provided in the Massage / Treatment Room dedicated for disposal of PPEs (ex. mask, gloves, face shields) <p><i>Note 1: Waste generated may be stored temporarily in designated locations, away from guests and the public.</i></p> <p><i>*Reference: Department of Environment and Natural Resources No. 29 (Implementing Rules and Regulations of the Republic Act 6969 – Toxic Substances and Hazardous and Nuclear Waste Control Act of 1990)</i></p>	
<p>OTHER SPA SERVICES</p>		
<p>Facials</p>	<ul style="list-style-type: none"> •Sanitize hands with soap and water followed by Alcohol. •Ensure that all materials needed for the service are ready. Ensure that a NEW SET of towel, patient cover sheet and head band are in place. •Carefully wear gown and new pair of gloves. •Advise client to lie on designated bed. Place the head band, cover sheet and new paper towel instead of chest towel. •Sanitize gloved hand with alcohol prior to start of the procedure. Perform availed service according to Protocol. 	



**Sauna, Jacuzzi
and Indoor
Pools**

- Only one person at a time is allowed to use the sauna, infrared sauna or steam room.
- A 30-minute interval is to be followed between clients
- Thorough sanitation of the steam room and sauna is to be implemented after each session.
- Saunas operate at higher temperatures (70-100°C or 158-212°F) and have porous wood furniture that could make it difficult for any virus to survive for long. It is recommended that people do not go in them if they are feeling ill in any way and should not, for example, “sweat out a cold.” Normal cleaning with moderately degreasing cleaning agent (mild soap) should be suitable.

<https://www.ihrsa.org/improve-your-club/pool-hot-tub-sauna-safety-during-covid-19/#>

- Steam rooms are normally a hard plastic or ceramic surface and operate at substantially lower temperatures 40°C or 104°F or so with 100% humidity. The hard surface, temperature, and humid conditions means the virus may be more likely to survive. Additional deep cleansing would be sensible between users, always allowing sufficient time for the unit to cool for it to be safe for the cleaning operative to work in.

<https://www.ihrsa.org/improve-your-club/pool-hot-tub-sauna-safety-during-covid-19/#>

- Operators should ensure chlorine levels in pools and spas are kept between 1-3mg/l with the pH between 6.8-7.4. Spa pools that use bromine need to maintain their water at 4-6mg/l bromine or 3-5mg/l chlorine. Routine tests for microbiological quality should also be undertaken in line with national guidelines.
- Common use Indoor Jacuzzi and/or hot pool and cold plunge should remain closed,

ON-SITE AND OFF-SITE MASSAGE SERVICES

On-site locations refer to places such as airport chair massage businesses and corporate settings, or anywhere massage is performed in a massage chair or on a portable massage table at locations where Clients are not enclosed in a session room and remain clothed throughout the massage. Out-call locations refer to mobile massage provided in a client’s home or hotel room.

	MANDATORY	OPTIONAL
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**O n - S i t e
Locations**

At on-site settings, the Clients, Therapists and the location for massage / treatment are still subject to the same safety and health protocol as in Spa and Wellness establishments.

- ♣ For corporate accounts, the Therapists shall communicate with Management ahead of time to inquire if any employees have been diagnosed with COVID-19 or other communicable diseases within 14 days of the intended visit / wellness event. If infection is present, the Therapist shall not perform massage / treatment at the location until it is verified that no employees has been diagnosed or experienced symptoms of COVID-19 in the past 14 days.
- ♣ Arrange with Management ahead of time the use of a private space that allows for physical distancing. Ideally the space should contain as minimal surfaces that require disinfecting between Clients.
- ♣ Location shall be cleaned and disinfected before use.
- ♣ Provide sanitation mats or foot bath (wet & dry mat) at the entrance to the room in the location where the sessions will be made.
- ♣ Organize the space to promote physical distancing by removing chairs, spacing chairs at least 1 meter apart, and placing tape in the shape of an X on areas where people should not sit or stand while waiting for their sessions.
- ♣ Provide alcohol-based hand sanitizer (70% alcohol) easily accessible to Clients entering the area and having them sanitize their hands upon entry.
- ♣ NO MASK NO ENTRY. Require all Clients to have face masks when entering the room. Both Therapists and Clients wear face masks for the whole duration of the sessions.
- ♣ Disinfect high-touch surfaces between Clients. High touch surfaces include door handles, counters, light switches, massage lubricant bottles, pens and clipboards used for Client Intake Form or any surface the Client or Therapist might touch during a session.
- ♣ Disinfect the entire Massage / Treatment Bed (or Chair) including all surfaces of the face rest between Clients.
- ♣ Provide a clean face-rest cover for each Client.

<p>O u t - C a l l Locations (Home / Hotel Service)</p>	<ul style="list-style-type: none"> •Therapists shall change from street clothes to uniform prior to entering the Client’s residence / hotel room, and change back to street clothes after the massage / wellness service. •Therapists shall wash hands with soap or sanitize hands with at least 70% alcohol before entering the Client’s residence / hotel room and after the massage / wellness session. •Therapists shall wear face mask and face shield pre, during and post session. •Therapists shall wear a new pair of socks per home or residence entered. •Pre-screening of Clients using the algorithm set by DOH shall be done before the massage / wellness session. Temperature check on the Clients shall be made by the Therapists once they arrive at the residence / hotel room. The Therapists may reserve the right to deny service if the Clients have temperature higher than 37.5 degrees Centigrade or if having flu-like symptoms. •Clients shall fill up the establishment’s Client Intake Form and the COVID-19 health declaration form prior to the session. •Clients shall provide linens, pillow cases, shorts/pajamas, and towels for home service. •Social or physical distancing with non-Clients at home / hotel service is still practiced. 	<ul style="list-style-type: none"> ●Clients shall provide a well-ventilated room (e.g. open windows). ●Therapists shall provide linens, pillow cases, shorts/pajamas, and towels for hotel service. ●Clients shall provide private transportation / vehicle going to and from the establishment and home / hotel. ●Establishments / Therapists to provide Clients a list of hygiene measures you would conduct at a permanent premise.
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FACIAL CENTERS

Getting Ready for Opening

Prior to scheduled re-opening, please ensure the following has been prepared:

- a. Inform all staff that belong to the high risk group such as those who are pregnant, with chronic lung condition such as asthma, hypertensive, diabetic, those with cardiac disease are not allowed to go on duty.
- a. All staff who will return to work must be trained on the new protocols and sign a training document signifying adherence to those safety guidelines and treatment protocols. Go over the protocols and practice proper way of donning and doffing PPEs. Remember that protocols and PPE are put in place to protect not only our clients but most importantly our personnel. PPEs are ineffective if not worn/ used properly.
- a. Ensure that all equipment are in good condition and good working condition especially the water supply and electrical connection since we have been on lockdown for several months.
- a. Ensure that all PPEs are adequate. This includes your branch’s supply of gloves, face shields, masks, alcohol, bleach solution, trash bags. Ensure adequate supply of gowns and foot cover if services are already allowed.

- a. Place demarcation lines in anticipation of queuing. Appropriate stickers shall be provided.
- a. Reception/ Waiting area should also be demarcated for social distancing. Place stools and single chairs at least 1 meter apart. For love seats and 3-seat sofas, x-marked stickers shall be placed on areas that shall not be used. Only one side of the love seat can be used. For three-seat sofas, an x-marked sticker shall be placed in the middle part.
- a. Place signage on the store front, briefly enumerating the measures being taken by the company such as social distancing, reminder to wear mask inside store premises, limit companion to one or none at all, hand sanitation, etc.

Store Opening

a. Upon Store Opening:

a. Do temperature check with a thermal gun. Allow to enter if below 37.5°C, record temperature on logbook, along with symptoms being experienced, affix signature.

a. If first time to return to work, accomplish Health Declaration Form. If staff have any positive reply, therapist must immediately go home and coordinate with her local barangay health worker for further evaluation.

a. If temperature is > 37.5°C, recheck after 10 mins without intervention. If persistently elevated, therapist must be sent home. Coordinate with Physician or Local Barangay Health Worker for further evaluation and clearance prior to returning to work.

a. If cleared, sanitize hands and start biometrics.

a. Proceed to Wash Room: Change outside clothes to company prescribed uniform including hair cap. Place change clothes in a plastic bag and place the inside their bags/ lockers. Sanitize hands with soap and water and alcohol.

a. Proceed with branch cleaning:

*Put on gloves

a. Prepare ¼ cup bleach diluted in 1 gallon (5 liters) of water. Set aside approximately 1 liter of solution for midday disinfection. Label appropriately.

b. Use solution to mop all floors

- c. With a clean rag, use the same solution to wipe surfaces such as
 - Plastic enclosures in the counter
 - Plastic dividers between treatment beds
 - Metal surfaces of treatment beds
 - Washroom/ Wash Area- faucet, toilet flush, basin, bidet handles
 - Door handles, cabinet knobs
 - Waiting Area- display racks
 - Spa- bathtub

*Soiled tissue used for cleaning should be immediately placed on a separate plastic bag and sealed.

d Using alcohol placed in a spray bottle. Spray the following surfaces:

d Facial area: machines, steamers, wipe them with a clean rag immediately.

d Reception Area: Reception table, tray, landline telephone, ballpen, biometrics machine etc.

Wipe with clean rag and place on Bag #1.

d Waiting Area: arm chairs, ottoman, side table, display racks, promo holders

*Note: Please keep all magazines in the stock room temporarily.

• Waxing Area: Waxing pots, solution bottles etc.

*Note: Remove gloves and discard in appropriate bag (Bag #2).

e Proceed with usual cleaning such as sweeping, dusting, cleaning of facial equipment using UV machine.

f Ensure alcohol bottles are refilled and placed at the following areas:

f Spray bottle at the entrance door and/ or pump bottle at the counter, at the client's side.

f Spray bottle at the Counter, Therapist Side.

f Pump Bottle at the Wash Area and Bath Room

f Spray bottle at Room for sanitation of PPE.

f Spray bottle in each Facial Kit of the Therapist.

f Spray bottle in each Therapist station.

g Ensure adequate amount of toilet paper in bathroom and tissue/ paper towels in wash area.

h Ensure social distancing measures are observed by maintaining the following:

h Demarcated lines at the front of the counter placed 3 feet away from the counter. All succeeding demarcation shall be placed at least 1 meter apart. (Sticker format to be printed on sticker papers shall be provided).

h All treatments should be done ONE BED APART. Stickers shall be placed in unused bed.

h Waiting Area:

o Three Seater: Sticker shall be placed in the middle part.

o Two Seater: Sticker shall be placed in the other half part.

o Arm chair and Ottoman- placed at least 1 meter apart from each other.

i Check Sanitation Room/ PPE Room

i Check adequate supply of alcohol in spray and pump bottles, tissue, gloves

i Hang gowns properly

i Ensure presence of 2 bags

o Bag #1- for disposal of tissue, wipes etc.

o Bag #2- for items to be laundered.

o Bag #3 (EACH THERAPIST)- for gown, cap, mask and booties

j All products placed on open display racks shall be removed. Only products displayed on locked display cabinets shall be retained.

a. Wearing of PPE

All Branch Personnel

a. Sanitize hands with soap and water and alcohol. Sanitize face shield by spraying with alcohol, wipe clean.

a. Put on new pair of disposable gloves (Counter personnel only)

a. Hold sides of the face shield and put on. Adjust straps to fit securely.

a. May proceed with the following:

a. For Clients Purchasing Products

- All clients who shall be purchasing products shall only be allowed to go near the counter one at a time.
- Therapist should observe safe distancing and must always stay behind the counter while transacting the purchase.
- To facilitate contact-less transaction, once the Client has been informed the amount, the Therapist prepares the product and places the product on a paper bag. She shall then place the paper bag in a tray in the counter and step back.
- The Client is also informed to place the payment on the same tray. Once the Client placed the payment, the Therapist shall get the payment and issue the receipt. Credit card/ Debit card or change (if applicable) and receipt shall again be placed in the tray.
- Once the client leaves the counter, the tray should be sanitized by spraying with alcohol. Gloved hands of the therapist in the reception should also be sanitized with alcohol after each transaction.

a. For Clients Availing Services

- Once Client approaches the counter and declared his/her intention to avail of the services being offered, the counter personnel shall then inform the Client that temperature shall be taken thru non-contact thermometer.

*Note: If the temperature is higher than 37.5°C, a repeat reading shall be done after 15 minutes without any intervention. If the temperature is persistently elevated, the services shall not push thru.

- A Client or Client's declaration sheet together with the Client information sheet, job order and ball pen shall be placed in the tray. As soon as the counter staff placed the tray in the counter, she shall immediately step back.
- Branch personnel shall the instruct the Client to sit at the reception area and fill out the form.
- The receiving tray shall then be sprayed with alcohol, gloved hand of the counter personnel shall also be sanitized with alcohol.
- Once the Client returns with the filled out forms, he/she is again instructed to place it on the tray.

*Note: If the Client is currently experiencing any symptoms or answered yes to the health declaration form, the Client must then be informed that, for safety purposes, the treatment procedure shall not push thru. The Client shall then be advised to contact his/her local barangay official or private health provider for further evaluation and management.

- If all information are acceptable, the counter personnel shall then inform the Therapist who shall perform the procedure. Therapist shall then prepare the materials to be used for the said treatment.

- The Client shall then be instructed that only use of his/her personal foot socks or use of foot cover shall be allowed inside the treatment area. They shall be instructed to sit on a chair located just before entering the facial area. A plastic bag where their shoes shall be placed shall be handed to them. They shall be instructed to remove their shoe/ put on a shoe cover. The Client's shoes inside a plastic bag shall be labeled with their name and placed in the designated area in the reception area.

•The Client shall then be instructed to wash their hands with soap and water, sanitize with alcohol prior to washing their face with facial wash. Disposable facial towel shall be used for drying. They shall then be directed on which bed is assigned to her/ him.

*Note on Tips: All Therapists shall be provided with plastic re-sealable bags that they can keep in their pockets. Should the Client opt to give tip, please advise the Client to drop the tip on the re-sealable bags. Therapists must spray the cash and the plastic bag at the end of the day. They may re-use these bags the following duty day. Wash hands with soap and water and use alcohol after handling.

a. Therapist In Charge of Procedure

While Client is washing their hands and face, Therapist must do the following:

a. Sanitize hands with soap and water followed by alcohol.

a. Ensure that all materials needed for the service are ready. Ensure that a NEW SET of towel, client cover sheet and head band are in place.

a. Carefully wear gown and new pair of gloves.

a. Advise Client to lie on designated bed. Place the head band, cover sheet and new paper towel instead of chest towel.

a. Sanitize gloved hand with alcohol prior to start of the procedure. Perform availed service according to Protocol.

a. For Waxing

- Waxing that shall utilize enclosed spaces such as Intimate Brazilian Waxing shall not be allowed at this time.
- Sanitize all materials that shall be used such as wax pots and wooden spatula with alcohol.
- No double dipping of spatulas.
- Wipe the pump bottle opening of pre and post treatment solutions with alcohol.
- Avoid double dipping. All used wooden spatulas should be discarded in a closed lid trash can lined with a plastic trash bag.

a. For Facial

• Clients shall be advised to keep their masks on except when the nose and areas around the mouth and lower cheeks shall be treated. Clients shall be asked to remove and put on their masks themselves.

a. When done, instruct Client to proceed to the counter to settle her payment.

a. Branch Staff must do the following right after service:

a. For Therapist who performed the procedure:

- Still wearing her mask, face shield, gown, dispose gloves and wear new set of gloves.
- Clean up all materials used during facial. Replace bed towels, cover sheet and head band used, place them in laundry bag and seal. Spray alcohol on entire bed and the plastic divider, wipe dry.
- Proceed to designated PPE Room. Sanitize gloved hand once again. Remove the gown by tugging the ribbon at the back of the gown. Once loose, carefully grasp the right wrist portion of the gown with your left hand. Continue pulling until it comes off. Repeat procedure on the other

side. Carefully fold the gown inward. Avoid any contact with the outer part of the gown. Finally, place it on Trash Bag #2. This bag should be labeled including date used.

- Sanitize gloved hand with alcohol. Grasp the sides of face shield, careful not to touch the front outer cover. Carefully spray with alcohol and wipe with tissue. Spray the inner head part and gartered portion. Set aside.

- Sanitize hand once again with alcohol. Using your right hand, pull the tips of the fingers of your left gloved hand. Pull off the left glove. Still clasping the left glove with your right glove, place the thumb of your left hand inside the cuff of your right gloves. Without touching the outside portion of the right gloves, pull to take it off. Do not let go of the left glove. When both gloves are off, throw immediately in Trash Bag # 1.

- Sanitize hands with alcohol, put on Face shield.

- Spray entire room with alcohol.

- Wash hands with soap and water.

a.For Counter Personnel:

- Counter personnel informs Client the amount to be settled. Instruct Client to place the payment, either cash or credit card/ debit card in the tray. Once Client steps back, counter personnel may then get the tray containing the payment.

- Counter personnel then places the credit card/ debit card or change together with the receipt inside the tray.

- As soon as the Client leaves, retrieve the tray and spray with disinfectant or alcohol in preparation for the next client.

a.During midday operating hours, by using the remaining bleach solution, repeat Step no. 3c and 3d.

a.In case face shield becomes soiled, with a gloved hand, sanitize with alcohol. Remove face shield by holding on to the sides only, avoid touching the front portion. Spray with alcohol and wipe dry with tissue. Sanitize hands with alcohol before placing back face shield. Secure straps. Discard gloves in appropriate trash bag. Sanitize hands with alcohol.

a.Bathroom. This area shall be sprayed with alcohol AFTER EACH Client's use particularly faucet, flush, bidet handle and door knobs.

a.On Lunch Breaks. On duty Therapist shall only take their breaks ONE AT A TIME. Since dining establishments only allow take-out, they may eat at one designated room.

- Hand washing with soap and water and sanitation of hands with alcohol before and after meals should be observed. Staggered lunch breaks should be observed. No two people should use the designated place for eating at the same time. No sharing of food allowed.

- Food disposals shall be placed in separate garbage can with lid lined with a plastic bag. Spray with alcohol and wipe surfaces with alcohol and ensure area is clean from any food particles.

a.At the end of the day of operations:

- Repeat branch cleaning by repeating entire Step #3.

a.All staff must proceed to designated room, one at a time.

- Sanitize gloved hand with alcohol. With gloved hand, carefully remove face shield. Spray with alcohol plastic portion and wipe clean. Store neatly.

- Gowns, caps, foot covers and washable masks should be placed inside separate plastic bags for washing.

- Carefully remove gloves and dispose in appropriate bag (Trash Bag #2)
- Wash hands with soap and water and sanitize hands with alcohol.

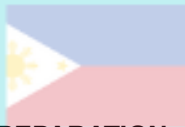
<p>ENFORCEMENT OF THE GUIDELINES: STAFF TRAINING</p>	<ul style="list-style-type: none"> •Spa and Wellness establishments must get a certification from the Department of Tourism (DOT) that they have undergone the seminar on the Guidelines on Minimum Safety and Health Protocol for Spa and Wellness Establishments in the new normal. •Therapists must undergo a seminar on the Guidelines before they can resume their practice on Massage Therapy / Spa Treatments if their establishment will be allowed to re-open. A report shall be submitted to the Tourism Office of the Local Government Unit. •The local Tourism Office shall issue a certification that the Therapist has undergone the seminar on the Guidelines. <p>In the absence of the training program (which is currently being developed) the following will apply:</p> <ul style="list-style-type: none"> •Before opening, Spa and Wellness Owners/Managers shall ensure that all staff members and therapists undergo a training on the Guidelines on Minimum Safety and Health Protocol for Spa and Wellness Establishments in the new normal •All staff members and therapists shall sign a declaration that they have undergone such training and will abide by the protocols. •Disciplinary action shall be immediately taken on staff and therapists who do not adhere to the guidelines. <ul style="list-style-type: none"> ○Hotline for Therapists and Clients (COVID-19 related safety and health concerns) shall be made available at the establishment. ○Clients shall provide valid ID upon entry to the establishment and show it to the Front Desk Officer during filling up of the Client Intake Form. ○Reporting to Government through monitoring or inspection <ul style="list-style-type: none"> ○Content of logs (online or hard copies) shall include: <ul style="list-style-type: none"> ♣Name of Client and contact details ♣Date / Time In / Time Out ♣Name of Therapist/s on Duty ♣Guest and Staff Health Declaration Form
<p>COVID-19 Policy</p>	<p>Creation of a COVID-19 Policy for the Spa and Wellness Establishment (covering changes in the environment, staffing, treatments - before, during and after)</p> <ul style="list-style-type: none"> •A documented company policy is required at all Spa and Wellness establishments. •There has to be a written Acknowledgement of the Therapists on their knowledge and understanding of the said policy. •The establishments shall make accessible a copy of this policy at all time as this will be part of the inspection items by the Tourism Office of the LGU, or the office that may be assigned.

<p>IF A THERAPIST IS INFECTED WITH COVID-19</p>	<p>Reporting If a Therapist is infected with COVID-19, s/he shall not be allowed to go to work. The Therapist shall contact the DOH or the nearest authorized COVID-19 healthcare facility.</p> <p>Contact Tracing The Spa Owner / Manager shall coordinate with the local authorities in the contact tracing. All other Therapists having contact with the confirmed case shall be put into quarantine within 14 days and be under strict observation. All Clients who have been in contact with the confirmed case shall be traced and informed.</p> <p>Disinfection The Spa and Wellness establishment shall conduct a thorough environmental disinfection and shall be closed temporarily in the next 24 hours. ALL personnel exposed to the confirmed case shall have a mandatory self-quarantine for 14 days. The establishment may operate with a different batch of Therapists.</p> <p>Responsibilities and Liabilities of Spa Owner / Manager It is the duty of the Spa Owner / Manager to do the following: <ul style="list-style-type: none"> ● Truthfully report to DOH or the local authorities for suspected cases of COVID-19. ● Help and coordinate with the DOH and local authorities in the contact tracing. ● The Spa Owner / Manager shall be released of indemnity should a Therapist or Client acquire the COVID-19 virus provided that a waiver has been discussed and signed by the Therapist or Client releasing the Spa Owner / Manager from any legal and financial claims for COVID-19 infection. The Therapists shall be made known about this during the IEC campaign; while the Clients shall waive claims through signing the modified Client Intake Form with liability waiver. (<i>*note: subject to legal scrutiny</i>) </p>
<p>R i s k Assessment (optional)</p>	<p>We all need to ensure we have adequate risk assessments regardless of our company size. Risk assessments are designed to keep everyone involved safe and secure within the establishment / environment. This is where we identify the potential risks, what we are doing to reduce the risk and if we need any further solutions.</p>
<p>Cancellation Policy (optional)</p>	<p>Think about your Cancellation Policy. Be prepared to defer or cancel appointments; be flexible. If a Client faces a potential charge for cancelling their appointment they may come anyway even with symptoms. You must protect yourself and others around you.</p>

APPENDIX A: DOH ALGORITHM: CLIENT SCREENING

APPENDIX B: CLIENT HEALTH ASSESSMENT FORM

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APPENDIX C: PREPARATION OF THE 0.5% SODIUM HYPOCHLORITE SOLUTION (1:10 SOLUTION) FOR SURFACE DISINFECTION

1. Using commercially available household bleach at 5% active chlorine, dilute 1 part of bleach to 9 parts of clean water or,
2. Using chlorine powder/granules/tablet at 60%-70% active chlorine, dissolve 1 tablespoon of chlorine (equivalent to 10 grams) to 2 liters of clean water. Mix the solution thoroughly using a stick.

APPENDIX D: PREPARATION OF 0.05% SODIUM HYPOCHLORITE SOLUTION FOR HANDWASHING (1:100 SOLUTION)

i.

APPENDIX E: REFERENCES/RESOURCES

- <https://www.dole.gov.ph/news/dti-and-dole-interim-guidelines-on-workplace-prevention-and-control-of-covid-19/>
- How does it spread from person to person
<https://www.healthline.com/health/coronavirus-transmission#from-person-to-person>
- No evidence of novel coronavirus transmitted via skin: expert
http://www.xinhuanet.com/english/2020-02/21/c_138806459.htm
- <https://insights.regencylighting.com/can-uv-light-kill-viruses-like-covid-19#COVID19>
- <https://www.ihrsa.org/improve-your-club/pool-hot-tub-sauna-safety-during-covid-19/>
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<https://www.thejakartapost.com/life/2020/04/05/in-hot-water-the-new-rules-of-laundry-in-the-time-of-covid-19.html>

- Presidential Decree 856 (Code on Sanitation of the Philippines)
<https://www.officialgazette.gov.ph/1975/12/23/presidential-decree-no-856-s-1975/#:~:text=Signed%20on%20December%202023%2C%201975,and%20promotion%20of%20health%3B%20and>
- CDC or WHO about routes of entry/modes of transmission
<https://www.cdc.gov/csels/dsepd/ss1978/lesson1/section10.html>
- About surface contamination vis-à-vis time/duration
<https://www.theguardian.com/us-news/2020/apr/04/how-long-does-coronavirus-live-on-different-surfaces>
- WHO on PPE usage
https://apps.who.int/iris/bitstream/handle/10665/331498/WHO-2019-nCoV-IPCPPE_use-2020.2-eng.pdf
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>
- <https://www.doh.gov.ph/sites/default/files/health-update/dm2020-0157.pdf>
- DENR on Waste Management for Hazardous Wastes
https://www.env.go.jp/en/recycle/asian_net/Country_Information/Law_N_Regulation/Philippines/DAO%201992-29.pdf
- Infection Control Guidelines in the Post-Covid World for Spas, Salons and Skin Clinics by IMD Wellness Spa Solutions, Inc.
- Health, Safety and Hygiene – Returning to Work Covid 19 Course by Gateway Workshops Ltd.
- Guidelines from Ms. Janny Berends Beeuwkes - PUM Netherlands Senior Consultant for Spa and Wellness
- Proposed PALMT Guidelines for Massage Practitioners and Massage Establishments
- The FARM at San Benito Spa Reopening Protocols
- Dermcare Post ECQ Safety Protocols
- Proposed protocols from the Task Force on Spa and Massage Now (TSMN)
- Re-Opening New York: Personal Care Services Guidelines for Employers and Employees
- Reference consultations with Philippine Association of Licensed Massage Therapists (PALMT), Davao Wellness and Spa Association (DavWell), Elysia Wellness Spa, Avastha Massage & Reflexology, VIBES Massage, Universal Blind Massage Center, Asian Wellness and Spa Academy, Grand Royal Spa, CDO Health and Wellness Association Inc. (CDO HWAI), and the National Spa and Wellness Stakeholders

Additional Reference Sources:

i. DOH Circulars

<https://www.doh.gov.ph/2019-nCov/interim-guidelines>
<http://caro.doh.gov.ph/covid-guidelines-and-advisories/>
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<https://www.doh.gov.ph/sites/default/files/health-update/DOH-DOLE-DBM-jao2020-0001.pdf>
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i. IATF-EID Resolutions

<https://www.doh.gov.ph/COVID-19/IATF-Resolutions>
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i. CDC-WHO

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4. Sanivir Smoke Disinfectant

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