

# COVID-19 Guidance

## Personal Care and Grooming Services

### Phase III



Economic Development  
COVID-19 Recovery



## Virginia Department of Health Requirements

Fitness and Exercise Facilities must implement the below mandatory requirements or close. Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided.

- Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- Post signage to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, and staying home if sick.
- Stagger work stations with at least six feet of separation.
- Staggered appointments must be utilized to minimize the number of individuals congregating in a waiting area and allow time to disinfect work stations and tools in between clients.
- Employees and service providers working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using CDC Use of Cloth Face Coverings guidance.
- Provide face coverings for clients or ask that clients bring a face covering with them that they must wear during the service. Limit services to only those that can be completed without clients removing their face covering
- Wash hands with soap and water for at least 20 seconds after each service is performed, and, when gloves are worn, change gloves after each client's service.
- Perform thorough cleaning and disinfection of frequently contacted surfaces every 60 minutes; clean and disinfect all personal care and personal grooming tools after every use or discard.
- Employers must maintain a list of the names and contact information for all clients, to include the date and time services are received.
- Maintain physical distancing between clients of at least six feet within the waiting area.

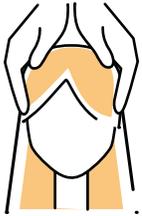
# COVID-19 Guidance

## Personal Care and Grooming Services

### Phase III



Economic Development  
COVID-19 Recovery



## Best Practices to Follow

Below will be the best practices for Personal Care and Grooming Services to utilize during Phase III.

- Provide hand sanitizer at the reception area and all stations for employee and client use.
- Remove commonly touched non-essential items such as magazines, self-serve coffee, and candy jars.
- Where possible use disposable towels, capes, and linens. All reusable towels, capes, linens and other porous fabric should be laundered after single use. Non-porous capes (e.g., plastic, vinyl) should be cleaned and disinfected after single use or discarded. Towels, capes, and linens should be stored in a closed, covered container prior to use.
- When capes are used on clients, use a freshly laundered or disposable cape for each client.
- Minimize to the greatest degree possible close, direct face-to-face contact with clients, such as allowing clients to be seated prior to approaching to perform a service.
- When protective equipment such as face coverings are used, launder daily and wash hands after touching/adjusting face covering while working.
- Use separate doors to enter and exit the establishment when possible.
- Consider installing touchless door and sink systems or providing single-use barriers (e.g., deli tissues, paper towels) for use in touching door and sink handles.
- Consider limiting the maximum time of services (e.g., no more than 1 hour).