

## Guidelines for physiotherapy and similar activities in the COVID-19 epidemic

Each office/employee is responsible for infection prevention measures in the workplace and must follow their own procedures based on their activities and the conditions in each municipality at any given time.

### Individuals may not be treated if they:

- a. Are in quarantine.
- b. Are in isolation (also while waiting for testing results).
- c. Have been in isolation due to COVID-19 infection and 14 days have not elapsed since discharge.
- d. Have symptoms (colds, coughs, fever, headaches, bone aches, fatigue, abdominal pain, diarrhoea, etc.).

When treatment requires proximity (less than 2 metre for 15 minutes or more), the trainer is required to wear a mask and their clients are also required to wear masks as much as possible. Great emphasis is placed on hand washing, hand disinfectant and disinfecting contact surfaces between individuals.

### Therapy in nursing homes

Therapy may be provided in nursing homes and within the welfare services of municipalities in collaboration with nursing home and day-care managers. Therapy may also be provided in private homes. A physiotherapist is obligated to use a mask when treatment requires proximity. Their clients are also required to wear masks as much as possible.

### Group therapy

Group therapy is permitted, but care must be taken to ensure that the one-metre distance rule is followed, and the maximum number of people in the therapy area is based on adhering to this rule. You must also observe the distance rule before/after the therapy session and make sure that no bottlenecks form at the entrance to the therapy area. Each guest in the therapy area is asked to wipe any contact surfaces after using the equipment.

### Group therapy in water

During group therapy in water, care must be taken to ensure that the 2-metre distance limit is followed, and the maximum number of people in the pool is based on this rule being maintained. The distance rule must also be observed before and after the pool session, and it is best that not everyone gets in and out of the pool at the same time, in order to also maintain the 2-metre rule in the changing rooms.