2021 Recent Updates for Los Angeles County, California:

**Personal care services may open for indoor services.**

Workers who consistently must be within six feet of customers or co-workers must wear a secondary barrier (e.g., face shield or safety goggles) in addition to a face covering when offering indoor services.

**Virus transmission prevention measures:** In addition to strict prevention protocols required for indoor personal care services, ***Craniosacral Care*** has put in place the following practices:

* Bring and wear a mask (that covers both your mouth and nose) at all times during your session.
* Wait in your car until your appointment time.
* Do not bring children, friends, guests, viewers, or others to the appointment.
* If the appointment is for a child a parent or guardian may wait in the office but must maintain 6 feet of distance from others and wear a face covering.
* You must stay home if symptomatic or might have been exposed.
* High-quality air purifying system running every day.

In short:

* Come alone.
* Bring your own water.
* If you feel sick, stay home
* Wear a mask at all times.

**Cancellation Policy** - Please inform me if you need to cancel a session as far in advance as possible. Cancellations made 2 days or more in advance of your appointment date will not be charged. Cancellations made within 24 hours will will be billed for a full session as a cancellation fee.