

DIRECTIONS FROM THE PROFESSIONAL BEAUTY ASSOCIATION:

While the CDC has shared that for most of the American public, the immediate health risk is considered low, below is a list of easy-to-follow practices that the PBA recommends salon professionals follow to help prevent the spread of COVID-19, as well as seasonal colds and flu, based on collective information from both the CDC and WHO:

- **Disinfection:** Barbering and cosmetology State Boards direct that proper cleaning and disinfection are mandatory at all times -- from tools and implements to areas with counter tops, treatment rooms, back bars, reception areas, and styling stations. Be sure to strictly follow this -- wiping down busy areas often with an antibacterial cleaner.
- **Wash your Hands:** The CDC recommends washing your hands with soap and water for at least 20 seconds to help prevent the spread of germs. Wash your hands before and after every client, after eating, using the restroom, and after blowing your nose, coughing or sneezing. Keep a 60% alcohol-based hand sanitizer at your station, as well.
- **Stay Home:** Try to keep your immune system strong -- lots of vitamin C, restful sleep, and drink ample water. However, if you -- or your client -- gets sick, the CDC strongly recommends to stay home. As an added measure, the PBA recommends offering your clientele a "sickness cancellation policy" during this time that does not penalize any client for cancelling their appointment due to illness.
- **Well-stocked Salon:** Make sure your salon has tissue, soap, and alcohol-based hand cleansers to encourage healthful habits.
- **Hands Off:** During the cold and flu season, shaking hands or giving hugs to your clients and co-workers is not a good idea. Rather, tell your client that you're practicing good hygiene and following the "hands off" protocol to help keep everyone healthy. Also, keep your hands "off" and away from your face, as that's an easy path for transmission.
- **Signage and Communication:** Post signage at the front desk, as well as in the salon break room reminding guests and employees about the importance of hygiene standards such as hand washing, sanitizer, wiping down stations after use, covering coughs, and hands off policies. Also, it's important to share with your clientele the precautions your salon is taking to do its part in helping to prevent the spread of the coronavirus -- during online bookings, on the phone, via text, and in person.
- **CDC:** Follow the CDC for facts as they become available -- this continues to be the best source for source for information; www.cdc.gov

