



Welcome!

Thank you for booking an appointment with Selkie Botanicals where you can begin to unwind from daily stress and relax your mind, body, and spirit. But first, please read through the COVID Protocols and answer Pre-Screening questions.

### **COVID Protocols**

- Masks are required the entire time you are inside Selkie Botanicals facilities, and they **must** be properly wore (cover BOTH mouth and nose).
- When you arrive:
  - 1) Your hands will be sanitized, you may choose wash your hands with soap and water for 20 seconds if you prefer to not use hand sanitizer.
  - 2) Your temperature will be taken with a no touch forehead thermometer

**COVID-19 Pre-screening questions: In the last 2 weeks, have you had...?**

Put an "X" in sections YES or NO that apply to you:	YES	NO
Contact with someone who tested positive within the last 2 weeks		
Cough		
Difficulty breathing		
Sore Throat		
Elevated temperature		
Fever		
Flu-like symptoms		
Loss of smell		
Loss of appetite		
Loss of taste		
Runny or stuffy nose		
New or unknown rash		

**If you answered YES to any of the questions above, you need to reschedule your session and notify Shelby at Selkie Botanicals as soon as possible.**