



Music Therapy Center Protocols for COVID-19

For Sprouting Melodies Families

These protocols are subject to change based on changing guidance from the CDC and the Commonwealth of Massachusetts.

Sprouting Melodies Participants

Roman Music Therapy Services Center Protocols

- Families are invited to utilize our reception area for the time before or after their Sprouting Melodies class. We will have snacks available for families to take with them as they go.
- All parents, caregivers, and children are required to wear a mask or face covering while in the music therapy center.
- Those who are in any of these categories are exempt from wearing a face covering or mask:
 - o Children under the age of 2
 - o Those who cannot breathe safely
 - o Those who, due to a behavioral health diagnosis, are unable to do so
 - o Those communicating with people who rely upon lip-reading
 - o Those who require supplemental oxygen to breathe
- All families are encouraged to engage in social distancing whenever and wherever possible.

Health Protocols

Testing Positive for COVID-19

- ***Clients or caregivers who have symptoms of COVID-19, including fever, cough, shortness of breath, sore throat, muscle pain, chills, or new loss of taste or smell will need to cancel their session as soon as symptoms appear.***
- Families who have an individual who has tested positive or been exposed to COVID-19 cannot attend their Sprouting Melodies class. Families will be allowed to return when the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers.
- If the child, caregiver, or a family member has tested positive for COVID-19, they are required to alert Roman Music Therapy Services, for purposes of contact tracing and cleaning/disinfecting if applicable.

Exposure to COVID-19

- Parents or children who are not [up-to-date](#) on COVID-19 vaccinations and have been exposed to COVID-19 cannot attend Sprouting Melodies. Class participation can resume when the following criteria have been met:
 - o The family/child has completed a 5-day quarantine without showing symptoms of COVID-19.
 - o The family/child has been tested at least 5 days after exposure and received a negative result
 - o The family/child is required to wear a mask for 10 full days after exposure, regardless of results. Please consider joining one of our virtual class offerings if you or anyone in your home is quarantining or isolating.



- Parents and children who are [up-to-date](#) on COVID-19 vaccinations and have been exposed to COVID-19 can continue to attend classes, unless symptoms develop

Travel Recommendations

Unvaccinated children, parents, and caregivers

- Unvaccinated clients and household members who travel outside of Massachusetts are required to follow all travel guidance from the CDC upon their return to music therapy sessions, including:
 - o Get a viral test 3 – 5 days after travel
 - o Self-quarantine for a 7-day period, regardless of COVID-19 test result
 - o If you do not get a viral test, self-quarantine for 10 days after travel and self-monitor for symptoms
 - o If you have had COVID-19 within the past 3 months, you are not required to get tested or self-quarantine
- Clients and household members who are not fully vaccinated and travel internationally should follow all CDC recommendations for safe international travel, including:
 - o Stay home and self-quarantine for a full 5 days after travel
 - o Get a viral test 3-5 days after travel
 - o Self-monitor for COVID-19 symptoms; isolate and get tested if symptoms develop

Vaccinated children, parents, and caregivers

- Clients and household members who are fully vaccinated can travel safely within the United States without additional testing or quarantine needed. If you are traveling, please review the [CDC recommendations for safe travel](#).
- Clients and household members who are fully vaccinated and travel internationally should follow all [CDC recommendations for safe international travel](#), including:
 - o Get a viral test 3-5 days after travel
 - o Self-monitor for COVID-19 symptoms; isolate and get tested if symptoms develop

What We're Doing to Keep Our Staff and Clients Safe

- Staff must practice frequent handwashing and Music Therapists must wash their hands with soap and warm water for a minimum of 20 seconds before and after working with each client.
- Face coverings or masks are required for all employees while in the office.
- All staff are encouraged to engage in social distancing whenever and wherever possible.
- The Music Therapist will run the HEPA air purifier in the studio during and after a music therapy session.
- Between each appointment, the Music Therapist must disinfect all materials used within a session with COVID-19 approved cleaning products.
- Administrative staff will regularly clean and sanitize high-touch areas such as their workstations, door handles, copy machine, etc.
- Roman Music Therapy Services staff will follow all outlined health protocols.



We sincerely appreciate everyone's commitment to helping maintain the health and well-being of our community. We welcome the opportunity to collaborate and address any potential concerns before beginning services. If you have any concerns, questions, or suggestions, we encourage you to reach out to us so that we can work together to create a safe and supportive environment for music therapy. In order to maintain health and safety standards, **please note that the Music Therapist reserves the right to terminate a session if they determine that health & safety are at risk.**

I have read and agree to the outlined procedures and protocols above to help keep everyone safe and healthy.

Print Name of Client

Client Address

Date of Birth

Signature of Client (if able)

Date

Print Name of Caregiver/Legal Guardian (if necessary)

Date

Signature of Caregiver/Legal Guardian (if necessary)

Date