



ESTHETICS COUNCIL

COVID-19 Guide

RECOMMENDATIONS TO REDUCE RISK

May 21, 2020| Re-Opening

This guide was created to assist estheticians when returning back to work during the COVID-19 pandemic. Our goal as a national organization is to support estheticians and help provide information to keep clients & licensees safe. Based on current information the Esthetics Council's position is that performing esthetic services pose a higher risk for Estheticians and their clients. We understand the pressure to open and have designed guidelines to try to mitigate risk but will not make the claim that anyone is safe in this phase.

Note: This is based on current publically available information and industry experts. It does not supersede state regulations and rules including executive orders nor reduce your liability.

The Basics

REDUCE RISK.

- 1 Clean~Disinfect~Dry~Store (standard disinfection rules apply)
- 2 Protect your Eyes, Nose & Mouth. Wear a mask and face shield or safety glasses with every treatment
- 3 Wash your hands before and after every treatment. Use gloves but change with every client. Use hand sanitizer before gloves.
- 4 Limit your exposure time (short services, longer time between appointments)
- 5 Increase ventilation in treatment rooms and facility. HEPA filters can be used but only in between clients to avoid the fan pushing air and possibly the virus.
- 6 Communicate with clients/employees to stay home if symptoms or exposure to someone with COVID-19 has happened within the last 2 weeks.
- 7 Use digital pre-payment for services to limit check-out exposure, if not feasible disinfect after every transaction.
- 8 No testers (makeup, skincare etc. no magazines, brochures) Think low touch!

01 Prepare

Check your state cosmetology board guidelines as well as your state's executive order. Gather Supplies-PPE (gloves, masks, face shields) treatment supplies, digital assets (intake forms, signs, waivers, social media posts), create your COVID risk plan & post steps publicly.

We urge you to waive cancellation and re-booking fees and allow for an additional 20-30 minutes between services to fully disinfect.

We recommend having multiple sets of tools, supplies, and linens available to speed up the treatment room turn.

If you have access to an autoclave, use it for all metal implements/tools.

TREATMENT ROOM PREPARATION

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| <ul style="list-style-type: none">• Remove all porous décor materials (rugs, pillows, pictures, etc.) To decorate, wall decals could be used, you can wipe walls with these.• Clean all surfaces including walls and floors. Soap and water are acceptable.• Disinfect non-porous tools, devices, supplies, and workstations.• Dispense porous (disposable) supplies into individually sealed plastic containers or bags.• Disinfect the exterior of all back bar products• Wash all linens, towels, client gowns. Store all washed linens in a closed area.• Declutter-throw away magazines, remove paper service menus & brochures. | <ul style="list-style-type: none">• Set up a disinfection station zone (ideally outside of the treatment room).• Disinfect floors & walls (rugs in the waiting area should be cleaned).• Disinfect devices including wax pot (throw out old wax).• Install HEPA filters in the central heating/air system, place HEPA units with a CADR rated for smoke filtration in the treatment room. <i>Remember to only run HEPA units in treatment rooms after the client has left.</i>• Fully stock and disinfect restrooms, make sure ventilation is working. |
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02



Review Service Recommendations

PRIOR TO SERVICE

- All surfaces, linens, devices, & tools cleaned, disinfected. Put in sealed containers or wrap plastic around the exterior.
- Wash hands thoroughly in front of the client for a minimum of 20 seconds
 - Use a nail brush
 - Do NOT use antibacterial soap
 - Use a disposable towel to dry hands, discard after use.
 - Use moisturizer to protect your skin's barrier.
- Discard used porous supplies immediately after use in a closed trash container, do not touch the lid.
- Dispense commonly used products in a sealed ramekin or disposable cup with lids.
- Have your client fill out intake form, service waiver before service via email.
- Have your clients' wait in their car or outside until called then wash their hands when they come in.
- Limit personal items in the treatment room (includes estheticians)

DURING THE SERVICE

Short, low touch services recommended where possible.

- Wear gloves before touching your client, change them with every service. Use close-fitting Nitrile gloves to avoid possible allergic reactions to Latex.
- Wear a mask & face shield or safety glasses.
 - Note: there is a shortage at this time, the goal of wearing a mask is to protect your client from respiratory droplets that you can spread regardless of your infection status. It will NOT protect you unless it is rated for 95% or higher filtration. A face shield can be worn over the top of the mask, be sure to fully disinfect after use.
- Discard used porous supplies immediately after use in a closed trash container, do not touch the lid.
- Place all non-porous tools immediately after use into a closed container labeled dirty.
- Do NOT dispense product directly from the container onto the client's face. Place products into small bowls or ramekins before placing them on the cart.

Devices

- No steamer use.
- No mechanical brushes that have porous (natural hair bristles).
- Microdermabrasion: Devices that have closed bag systems (no dumping of used crystals directly into the trash) disposable tips only. Diamond tips- use an enzyme cleanser first then autoclave or immersion in disinfectant.
- Other devices may be used if thorough disinfection can be performed.



TREATMENT ROOM SET UP

example



Table

1. Avoid the twin bed table set up (if client is large this may be used) Use a cocoon wrap table set up
2. Heated pad (use under table pad or cover)
3. Twin fitted sheet
4. Queen blanket
5. Queen flat sheet
6. No towels at head of table unless disposable (added after client lays down)
7. No gown laid out

Workstation

- Paper towel
- Tools in sealed bag
- Gloves
- Face Shield
- Devices prepared
- Everything covered with a towel
- No steam to be used in phase 1 treatments



AFTER THE SERVICE

- Immediately remove all linens by lifting from the edge of the table and rolling into the middle. Place rolled linens into a closed hamper. With gloves on, unroll linens, separate the blanket, then put in the washing machine. This should be done after you escort your client out of the room.
- Follow disinfection procedures for your tools and devices. In general:
 - Non-porous items (brushes, spatulas, metal tools): Clean with soap and water, dry, immerse in EPA approved disinfectant for the recommended time, remove, rinse, dry, and place in a closed container.
 - Porous items: Discard immediately into a closed trash container. Gloves should be considered porous & discarded after each client.
- Wash your hands after the service.
- If taking payment by credit card, key in the number to avoid client touching terminal. If that is not possible, disinfect the credit card terminal/pad after each use.
 - Pre-payment recommended.
 - Tips can be done digitally through an app like Tippy.com, products can be sold via eCommerce.
- Use disinfectant bleach or other EPA registered laundry disinfectant. Follow manufacturer instructions for correct water temperature or use cool water.
- We do not recommend using lancets or other sharps in this phase of opening. If you do, be sure it is closed tightly and the exterior is disinfected. Place in a closed cabinet.

DEVICES

- Wipe down device case, electrode handles, and wires with a disinfectant wipe. Perform after each service.
- Electrodes, tips, and anything else in contact with the client should be disinfected using non-porous tool instructions. Leave metal conductors out of the solution to avoid corrosion (this is never in contact with the client).
- Place all electrodes, handles, tips, etc. in a closed container marked "clean" after drying.
- Disinfect the interior of your Hot Cabinet and leave the door open to dry.
- Dispose of the wax collar, applicators, supplies immediately after use. NEVER double dip.
- Store disinfected handheld or small device in closed containers.

How To Take Off and Dispose of a Mask



SURFACES

- Clean surfaces after each client. Soap & water works on treatment tables.
- Spray with an EPA registered disinfectant (bactericidal, virucidal and fungicidal)-be sure to leave wet for full contact (dwell) time listed on label
- Wipe clean with paper towel and discard in a closed trash container
- Product bottles should be wiped down with a disinfectant wipe or spray – also following full contact (dwell) time.
- Mop floor at end of the day.

NOTE ABOUT UV DISINFECTION

There is no way for the average person to test to ensure that the cleaning method for viruses is effective. Bacterial tests that test for Adenosine Triphosphate (ATP), will not detect the presence of viruses because viruses DO NOT CONTAIN ATP. You would need an industrial hygienist to verify disinfection.

UV-C is the wavelength that will kill viruses. It is extremely dangerous to be exposed to. Proper safety equipment is required as well as training. The EPA does not test devices for effectiveness, it is up to the manufacturer to provide clinical evidence that their device works against the correct virus family.

<https://multimedia.3m.com/mws/media/8440950/devices-and-formulated-chemical-disinfectants-tech-talk.pdf>
<https://www.wired.com/story/heres-what-disinfectants-and-uv-light-really-do-to-your-body/>

CDC/OSHA Guidelines

New guidelines have been released

It is important to review the guidelines for keeping your workplace safe. If you cannot prove a reasonable duty of care, this could leave you open for liability. The decision tree for small business recently released by the CDC should be reviewed carefully.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/workplace-decision-tree.pdf>