

# WEST VIRGINIA STRONG

## *The Comeback*

The seal of the Governor of West Virginia is a large, circular emblem in the background. It features a central landscape with a sun rising over mountains, a river, and a town with a bridge. The text "GOVERNOR OF WEST VIRGINIA" is written around the top inner edge, and "FIDELITATE" is written along the bottom inner edge. There are also decorative floral and leaf patterns within the seal.

**Guidance for Wellness Centers Operated by or  
with West Virginia Licensed Health Care Providers**

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Updated November 17, 2020

## Guidance for Wellness Centers Operated by or with West Virginia Licensed Health Care Providers

Under Gov. Justice's reopening plan, **West Virginia Strong — The Comeback**, wellness center facilities that offer exercise therapy, physical therapy, post-operative therapy, and/or rehabilitative therapy programs to individuals, which are operated as part of a hospital or hospital system, or are otherwise staffed with licensed health care providers (including physicians, physical therapists, chiropractors, nurse practitioners, and physicians assistants licensed to practice in West Virginia), are to be allowed to open or remain open with the limited services outlined below. To do so, Gov. Justice has issued the following guidance to mitigate the exposure and spread of COVID-19 among staff and patrons. These guidelines, in addition to any and all relevant guidelines established by the Centers for Disease Control (CDC), will help West Virginians safely obtain the services provided by such facilities. Businesses are allowed and encouraged to implement more stringent protocols as they see fit.

As your business reviews and implements these new measures, we encourage you to share and discuss them with your employees and your patrons. Communicating enhanced cleaning and sanitization practices will make employees and patrons feel more confident in your wellness center/exercise therapy facilities.

**Note:** Effective as of November 14, 2020, all individuals over the age of 9 are required to wear face coverings while in confined, indoor spaces where other individuals may be present, regardless of one's perceived ability to social distance from other individuals, pursuant to the Governor's Executive Order 77-20. This requirement does not apply to individuals in their own residence, individuals actively engaged in the consumption of food and/or beverage, and those individuals who are in an enclosed office or separate room.

Per CDC Guidance, exempt from this requirement are:

- children younger than 2 years old,
- anyone who has trouble breathing through a face covering, and
- persons who are unable to remove the face covering without assistance

**Note Further:** Such wellness center facilities should also consult the Guidance for West Virginia Small Businesses, available at [governor.wv.gov](http://governor.wv.gov), to determine other best practices.

Failure to adhere to these guidelines may result in appropriate enforcement measures.

GUIDANCE FOR WELLNESS CENTERS OPERATED BY OR WITH WEST VIRGINIA LICENSED HEALTH CARE PROVIDERS

**OPERATIONAL RESTRICTIONS/REQUIREMENTS:**

- **Occupancy:** Limit facility occupancy to 50 percent of capacity as dictated by fire code.
- **Social Distancing:** Implement social distancing guidelines of at least six feet between individuals and modify scheduling to reduce unnecessary interactions.
- **Equipment:** Adjust equipment layout and close or restrict access to equipment to maintain at least six feet of distance between equipment.
- **Cleaning:** Ensure that staffing and supplies available for such facilities is sufficient to enable enhanced sanitization and cleaning measures in accordance with appropriate CDC guidelines. In addition to frequent cleaning of equipment by staff during shifts, require thorough cleaning and sanitization of all equipment at the start and finish of any staffed hours.
- **Limitations:** The following should remain closed or limited to the greatest extent possible. Where they are allowed to open, such areas must be restricted to allow for proper social distancing and be cleaned and sanitized frequently:
  - Showers, locker rooms, and lockers.
  - Water fountains, common areas, break rooms, check-in counters, and other areas in which patrons or employees may congregate.
- **PPE:** Per Executive Order 77-20, all individuals over the age of 9 are required to use face coverings (masks, bandannas, face shields, etc.) when in confined, indoor spaces where others may be present, other than for individuals in their own residence, individuals actively engaged in the consumption of food and/or beverage, and those individuals who are in an enclosed office or separate room.
- **Touch points:** Point of sale equipment, door knobs, light switches, buttons, and exercise equipment should be frequently cleaned and sanitized.
- **Payments:** Encourage customers to make non-cash payments.
- **Plan:** Plan for potential COVID-19 cases and work with local health department officials when needed (i.e., monitor and trace COVID-19 cases, deep-clean facilities).
- **Signage:** Post extensive signage on health policies, including the following documents in the facility to help educate all on COVID-19 best practices:
  - CDC: Stop the Spread of Germs
  - CDC: COVID-19 Symptoms

**CUSTOMER PROTECTION**

- Screen patrons for illness prior to entry:
  - Have you been in close contact with a confirmed case of COVID-19?
  - Are you experiencing a cough, shortness of breath, or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had new loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
  - Temperature checks
- Keep doors and windows open where possible to improve ventilation.
- Post signs encouraging social distancing.
- Require patrons to clean equipment they come in contact with using disinfecting wipes before and after each use and provide, at each piece of equipment, appropriate materials to clean and disinfect such equipment.

**GUIDANCE FOR WELLNESS CENTERS OPERATED BY OR WITH WEST VIRGINIA LICENSED HEALTH CARE PROVIDERS**

**EMPLOYEE PROTECTION**

- Screen all employees reporting to work for COVID-19 symptoms.
  - Have you been in close contact with a confirmed case of COVID-19?
  - Are you experiencing a cough, shortness of breath, or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had new loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
  - Temperature checks
- Staff should wear appropriate PPE, including face coverings where applicable.
- Provide training on PPE based on CDC guidelines.
- Provide a sanitizing station with soap and/or bottle of hand sanitizer.
- Limit customer contact to the greatest extent possible, and require proper cleaning and sanitization between any necessary customer contact.
- Practice recommended social distancing to the greatest extent possible.

