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Guidelines

Health Guidelines for Spas, Hair and Beauty Salons to Prevent Covid-19 Spread

Objective

To provide recommended practices to salons' owners and operators, workers and customers that can be used to help mitigate the exposure to the COVID-19 virus.

Rationale

COVID-19 pandemic has struck the world due to rapid human-to-human transmission. Preventive measures play an important role in limiting the spread of the disease and can help reducing the infection transmission and unnecessary burden on health care facilities. The guidelines provide practices to owners, workers and customers that address specific health and safety concerns related to the spread of COVID-19, and to put protocols into practice at hair/ beauty salons.

Instructions

Salons are required to observe following precautionary measures to avoid disease spread.

SOCIAL DISTANCING

- Limit customer number up to 50% of total salon capacity at a time.
- Arrange chairs so work areas are spaced out at least 6 feet apart.
- Install visual markers to encourage customers to remain at least 6 feet apart.
- Improve ventilation for enclosed spaces where possible (e.g., open doors and windows).
- Stagger lunch and break times. Regulate the maximum number of people in one place and ensure at least 6 feet of physical distancing.
- Close or reconfigure worker common spaces and high-density areas of facilities where workers are likely to congregate (e.g., break rooms, eating areas) to allow 6 feet of physical distancing.
- Require face coverings for all customers and workers.
- Require workers to wear gloves, gowns, and safety glasses or goggles.
- Install physical partitions between workstations where feasible
- Contactless payment methods are encouraged.

HYGIENE PROTOCOLS

- Ensure access to handwashing facilities on site, including soap and running water, and allow sufficient break time for workers to wash hands frequently; alcohol-based hand sanitizers with at least 60% alcohol may be used as an alternative.



- Supply workers at workplace location with adequate cleaning products (e.g., sanitizer, disinfecting wipes).
- Require glove changes and handwashing before and after each customer.
- Do not permit sharing of tools and supplies between workers (shears, combs, brushes, etc.).
- Use clean capes for each customer.
- Workers should change into a clean smock or gown between each client. Consider using disposable capes and smocks. Reusable capes, towels, gowns should be laundered between each use.
- Disinfect all tools between customers.
- Post visible signage throughout the site to remind workers and clients of hygiene and safety protocols.

STAFFING AND OPERATIONS

- Essential services which can not be managed at home like haircut shall be admissible only at salons only, face shave shall be discouraged
- Provide training to workers on safety standards, up-to-date safety information and precautions including hygiene and other measures aimed at reducing disease transmission.
- Ensure temperature screener check on all employees and clients before entering the salon or spa.
- Adjust workplace hours and shifts (working teams with different schedules or staggered arrival / departure) to minimize contact across workers and reduce congestion.
- Close waiting areas and ask customers to wait outside or in cars until it is time for their appointment • Require customers to make an appointment in advance to receive service.
- Maintain a log of workers and customers for 14 days, to support contact tracing (name, date, time, contact information) if needed.
- Remove non-essential amenities (magazines, customer-facing water or coffee, coat rooms etc.)
- All workers must stay home if feeling ill.
- Workers who are particularly vulnerable to COVID-19 (e.g., due to age or underlying conditions) are encouraged to stay home.
- Encourage workers to self-identify symptoms or any close contact to a known or suspected COVID-19 case to the employer.
- Encourage workers who test positive for COVID-19 to disclose to the workplace employer for purposes of cleaning / disinfecting and contact tracing. If the employer is notified of a positive case at the workplace, the employer shall notify the local authorities in the city or town where the workplace is located and work with them to trace likely contacts in the workplace and advise workers to isolate and self-quarantine. Testing of other workers may be recommended.
- Post notice to workers and customers of important health information and relevant safety measures
- Follow local health authorities guidelines/instructions for sentinel screening for covid19.

CLEANING AND DISINFECTING

- Conduct frequent cleaning and disinfection of site (at least daily, and more frequently if feasible).
- Keep cleaning logs that include date, time, and scope of cleaning.
- Conduct frequent disinfecting of heavy transit areas and high-touch surfaces (e.g., doorknobs, rolling carts, bathrooms).
- In event of a positive case, shut down site for a deep cleaning and disinfecting of the workplace.
- Disinfect tools between customers (e.g., shampoo bowls, chairs and headrests, shears, combs, brushes, razors, styling tools).
- Metallic tools like scissors, nail cutter, tweezer etc should be disinfected with alcohol-based disinfectant. Chlorine should be avoided due to its corrosive action which may damage the tools.



- Avoid use of towels under client's head and prefer to use tissue.
- Clean and disinfect all make-up brushes after use with alcohol swab.
- Use disposable foam, sponge and other porous tools and discard them after single use.

Note: The above recommendations are being regularly reviewed by the Ministry of National Health Services, Regulations & Coordination and will be updated based on the international & national recommendations and best practices.

The Ministry acknowledges the contribution of Ms Javeria Yousaf and HSA/ HPSIU/ NIH team to compile these guidelines.

References

1. <https://www.mass.gov/doc/sector-specific-workplace-safety-standards-phase-i-for-hair-salons-and-barbershops-to-address/download>
2. <https://cidesco.com/wp-content/uploads/2020/05/Standard-Operating-Procedures-for-Salons-Spas-COVID-19.pdf>

For more information, please contact:

HSA/ HPSIU/ NIH, PM National Health Complex, Islamabad

<http://covid.gov.pk/>

<http://nhsrc.gov.pk/>

<https://www.facebook.com/NHSRCOfficial>

<http://www.hsa.edu.pk/>

<https://twitter.com/nhsrcofficial>

<https://www.nih.org.pk/>

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