



# COVID-19 Guidance for Healers

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## **COVID-19 Advice for CCHA Healing**

### **Introduction**

As many of you now know, it has been a difficult time in recent months, ensuring that we are all kept safe and that we as Healers and as Church/Centre members that we have kept both ourselves and those around us safe.

Following the UK Government's decision in March 2020 to not allow complementary therapies such as Spiritual Healing and Reiki to recommence, healing had to stop in all of our centres and churches in the UK.

This advice stood until August 2020, when complementary therapies including healing were allowed to recommence, including around the face.

Since the following dates, all complementary therapies involving energy have been allowed to take place.

England as of 1st August 2020

Northern Ireland as of 6<sup>th</sup> July 2020

Scotland as of 22<sup>nd</sup> July 2020

Wales as of 27<sup>th</sup> July 2020

It is important from both a church, centre and home basis that this guidance is taken as advice and that members continue to follow updated information from The Corinthian Church and Healing Association (CCHA) as we provide updated guidance from the UK Government, that governs England, and from the dissolved governments at the Welsh Assembly, Scottish Parliament and Northern Ireland Assembly.

For those member churches and centres outside of the UK, that you follow guidance given by your member states Government. Some of the guidance in this document will still remain relevant for yourself.

### **What is COVID-19?**

The Corona virus or COVID-19 as described by the WHO, can cause pneumonia-like symptoms. Those who have fallen ill are reported to suffer coughs, fever and breathing difficulties. In severe cases there can be organ failure. As this is viral pneumonia, antibiotics are of no use. The antiviral drugs we have against flu will not work. If people are admitted to hospital, they may get support for their lungs and other organs, as well as fluids. Recovery will depend on the strength of their immune system. Many of those who have died were vulnerable because of existing underlying health conditions.

### **What to do if a person shows signs of COVID-19**

It is important that anyone, including healers, committee members or members of the general public who show signs of COVID-19 such as: -

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- New or continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hrs (if you usually have a cough, it may be worse than usual).
- Loss or change to your sense of smell or taste – this means you’ve noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people will demonstrate signs of 1 or more of these symptoms.

### **What to do if your healers or members of the public show signs of COVID-19**

It is important that they should not attend the Church, Centre or even the healer’s home. This is to stop the risk of infection and also to ensure that the symptoms do not persist or get worse as a result of not taking the appropriate steps.

The NHS website state that you should do the following: -

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test results – only leave your home to have a test.
3. Anyone you live with and anyone in your support bubble must also stay at home until you get the results.
4. Any concerns over COVID you can either contact 111 or the online 111 COVID 19 link.

It is also recommended that the Church, Centre or individual healer in their own home produce a policy or statement with regards to COVID 19 and how they will handle healing appointments and also in ensuring that they have considered all possibilities with regards to spiritual healing in their establishment.

In addition, members may wish to follow the Government guidance attached - <https://assets.publishing.service.gov.uk/media/5ef2889986650c12970e9b57/working-safely-during-covid-19-close-contact-200813.pdf>

### **Wearing of Personal Protective Equipment**

#### **England**

This should take the form of a clear visor and a Type II Face Mask. Clear visors cover the face (and typically provides a barrier between the wearer and the client from respiratory droplets caused by sneezing, coughing, or speaking). Visors must fit the user and be worn properly. They should cover the forehead, extend below the chin, and wrap around the side of the face. Both disposable and re-usable visors are available. A re-usable visor must be cleaned and disinfected between each client using normal cleaning products.

A Type II face mask should be worn with the visor. Type II face masks are not PPE but will provide a physical barrier to minimise contamination of the mouth and nose when used correctly. Ensure you are hydrated before putting a mask on. Type II face masks are medical

face masks made up of a protective 3-ply construction that prevents large particles from reaching the client or working surfaces.

The UK Government issued the following document in August 2020 on close working with clients. The UK Government's safe working guidelines for close contact services is available on the UK.GOV website at <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/close-contact-services>.

### **Scotland**

Face coverings are mandatory in Scotland for staff and clients. Visors are also recommended. Treatments in the highest risk zone around the face are not banned. The 'high risk zone' is defined as 'the area in front of the face where splashes and droplets from the nose and mouth may be present, which can pose a hazard'. If treatments in the high risk zone cannot be carried out without the ability to be provided from the side of the face or behind the head and therefore require prolonged periods in the highest risk zone then they should not be offered in this phase of the [Scottish Government's Route Map](#). Members may also wish to look at the 28<sup>th</sup> July 2020 guidance at <https://www.gov.scot/publications/coronavirus-covid-19-retail-sector-guidance/pages/close-contact-services>

### **Wales**

The Welsh Assembly recommend that provide complementary therapies do not provide these treatments unless you can access correct PPE (Public Health Wales) HW recommend a Fluid Resistant Surgical Face Mask, eye protection (goggles or a full face mask) disposable gloves and apron) have sufficient training in putting PPE on and taking it off and follow standard infection control precautions. Further guidance can be found at <https://gov.wales/close-contact-services-businesses-coronavirus-workplace-guidance>

### **Northern Ireland**

The Northern Ireland Assembly has allowed all complementary therapies to recommence and has offered advice as with other nations in the British Isles have.

The Northern Ireland Assembly have produced guidance which can be found at <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/close-contact-services>

### **Local Lockdown Restrictions**

It is also important as in recent weeks we have heard of local areas which have entered into a local lockdown that the Healer or those operating as a business also follow this advice. <https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19>.

### **NHS Test and Trace**

There is a higher risk of transmitting COVID-19 in premises where customers and visitors spend more time together in one place and potentially come into close contact with other people outside their household.

To manage this risk, establishments in the following sectors should collect details and maintain records of staff, customers, and visitors:

- Places of Worship
- Close contact services

Both of which affect Spiritual Healing and the giving of Healing to those requesting it.

Churches, Centres and Healers for their own homes may wish to also record the temperature of clients using a handheld thermometer like the one below: -



This is useful in ensuring that the temperature of those attending is recorded as part of track and trace as well as ensuring the safety of those who are coming for healing. Alternatively, the church or healer may ask the person to take their temperature before coming to the church/centre or healer's home.

### **What are vulnerable groups?**

Certain groups are vulnerable to COVID-19 symptoms and these groups are constantly changing. As of 26<sup>th</sup> August 2020, when this document was written the list included: -

NHS Website accessed on 26<sup>th</sup> August 2020 states that there are two groups of vulnerable people and these are divided into

- High risk
- Moderate risk

### **People at high risk (clinically extremely vulnerable)**

People at high risk from coronavirus include people who:

- have had an organ transplant

- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant

Those who are in the high risk group from coronavirus, will have had a letter from the NHS. It is therefore advisable that healers when speaking to clients on the phone ask if they are in the high risk or have received a letter from the NHS.

Speak to your GP or hospital care team if you have not been contacted and think you should have been.

### **People at moderate risk (clinically vulnerable)**

People at moderate risk from coronavirus include people who:

- are 70 or older
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)

- are pregnant – see [advice about pregnancy and coronavirus](#)

A report by Public Health England found that other things might also mean you are more likely to get seriously ill from coronavirus.

These include:

- your age – your risk increases as you get older
- being a man
- where in the country you live – the risk is higher in poorer areas
- being from a Black, Asian or minority ethnic background
- being born outside of the UK or Ireland
- living in a care home
- having certain jobs, such as nurse, taxi driver and security guard

### **Carrying out a Risk Assessment**

It is important that you carry out a risk assessment to ensure that you have considered the possible risks that could occur at your centre, church, or home. Please click on HSE websites that can be used as a template for members to use. It is important that any organisation who operate and do not carry out risk assessments can receive an enforcement notice.

England - <https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm>

Scotland - <https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-individual-risk-assessment-for-the-workplace/>

Wales - <https://gov.wales/close-contact-services-businesses-coronavirus-workplace-guidance>

Northern Ireland - <https://www.nibusinessinfo.co.uk/content/coronavirus-example-workplace-risk-assessment-template-covid-19>

### **Can I heal in my home?**

Some healers may already provide healing as part of their self-employment or wanting to give healing as part of their role as a healer, accepting only donations.

However, it is important as a Healer that you follow the guidance given above and in addition you will have to take people's temperature on entering your premises and record details of them as part of the NHS Track and Trace system.

Additional guidance can be found at – <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/homes> for healers wanting to recommence healing in their own homes. It is however, sometimes more difficult to maintain the social distance and difficult to protect yourself from COVID if you are working as a mobile healer and as such, it is probably best to keep healing either to your own premises or to your local church/centre until further information is made available from HM Government.

If the client is coming to see you, ask them to bring their own bottle of water (so that you don't have to handle any refreshments) and explain any new procedures you are putting in place at this time, for example, how to enter the premises and make their way to the treatment room without coming into close contact with you or others, or how to make a non-cash payment.

If you are visiting the client in their home, highlight any special requirements you may have at this time. For example, arrange how and where you will be working in their home, and explain the need for physical distancing to be maintained before and after the treatment. Ask them where you can wash your hands during your visit (but take your own hand sanitiser in case this is not possible).

### **Additional points to consider**

It is important that you keep up to date with HM Government advice and that you are aware of what you should or should not do with regards to Spiritual Healing.

Other considerations with regards to working with clients could include the following: -

- Get the member of the public to check their temperature and check that they are fit and well and not demonstrating any symptoms prior to coming for healing. If the person starts to show signs of a high temperature or other sign, ask them not to come and ask them to contact you once they are well and show no signs of COVID-19.
- Cleaning regimes for areas such as toilets
- Use of signage
- Any documents such as additional disclaimer to state that the person has not shown symptoms of COVID-19 and is not presently shielding.
- Check that you have cleaned the sanctuary or place that healing takes place thoroughly before anyone enters the premises
- That there is a station area for the client to sanitise their hands, where they can dispose of wipes or where hand sanitiser is available. If a bin is being used to dispose of hand wipes, then it is a peddle bin and wiped regularly.
- Set up a booking system for accepting bookings for healing and ensuring that people come close to their appointment to avoid them having to sit in a waiting area and meet the last person they had healing from
- If you need to have lots of healers in an area i.e. 2 in a church, ideally consider protective screens that separate the healers and can be purchased for around £40-50. This will also be a consideration in waiting areas also.



- If a member of the public is shielding, we strongly recommend deferring treatments until they are no longer shielding, after which they can then rebook a session at the church.
- Try to increase the flow of fresh air into the building as much as possible. For example, ventilate the treatment room by opening the window and/or door between clients, particularly if you work in a confined area.
- Wear disposable gloves when cleaning between each client and dispose of these appropriately after use.
- Hard, non-porous surfaces should be washed down with warm soapy water first, to remove dirt, and then wiped down with disinfectant.
- Write a checklist for cleaning, such as cleaning door handles etc... and checking all of these are wiped down regularly
- Check that a one-way system is in place for entry and exit and this is made clear to those entering. It is especially important for this in a home setting as is pointing out to the family where not to go to avoid cross contamination.
- Risk assessments are carried out and reviewed regularly as new situations arise or developments in your own setting present themselves.
- Consider whether distance healing should be used over contact healing
- Check with Balens that they cover you as part of your insurance cover or contact CCHA

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- Remember to be happy, positive and take the necessary steps, making the environment for healing welcoming.
- How are you going to take bookings? How are you going to communicate changes to members/congregation i.e. Church website, Facebook, Text messages etc..?

**Useful websites include**

Complementary and Natural Healthcare Council (CNHC) [www.cnhc.org.uk](http://www.cnhc.org.uk)

British Medical Journal – Patient leaflets <https://bestpractice.bmj.com/patient-leaflets/en-gb/pdf/3000166/Coronavirus.pdf>

## Appendix

### Examples of appropriate PPE

Fig 1. Healers protective clothing



Fig 2. Disposable foot coverings for footwear



Fig 1. It is recommended while giving healing in a church that you wear the appropriate PPE including the wearing of disposable gloves, aprons, and masks, which are changed between clients. The visor should also be wiped between each client to maintain cleanliness.

Figure 2 may be a consideration for those receiving healing in a healer's own home. The client would put the cover on their shoes prior to entering their property and then would dispose of them in an allocated bin on exiting the building.

Example of screens to be used for healing

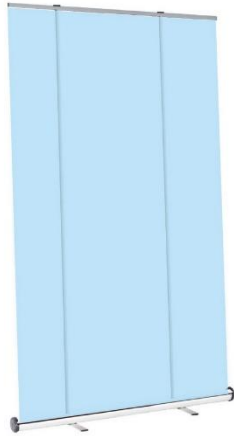


Fig 3. These cost between £40-£50 and act as a screen that can be collapsed and put away after being cleaned. These are ideal as they can be used in various locations unlike fixed screens.

Fig 4. You might also wish to consider reception screens for larger churches for taking appointments. Normally made of Perspex.

These are all additional costs but by showing you have considered these within your risk assessment is important. Remember these are suggestions and all purchases should be considered as to whether it meets the need of your healing sanctuary, home, church, or centre.

**Signage**

Consider appropriate signage. This can either be examples like the ones below or you can design your own with your church logo and laminate them.



Federation of Small Business also offer free printable posters for those wishing to use them. <https://www.fsb.org.uk/campaign/covid19.html>

## Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.  
Dry hands thoroughly.



On the next page is an example of a possible policy for your centre or church to adopt.

## **Coronavirus (COVID-19) Infection Prevention & Control Policy for (name of centre or church here)**

Over the last few months, we have all been affected by the Coronavirus (COVID-19) pandemic. But, despite this, it is important that we now try to return to normal as much as possible and continue to deliver a professional, caring and supportive healing practice, that meets the needs of the people in (put your locality i.e. Broadstairs).

As a Corinthian Healer Practitioner, I will monitor the pandemic and will amend my policy in line with recommendations from (insert which Government - i.e. the Scottish Government).

As a Healer, I have missed being able to offer you the services that we know you love, and we are looking forward to seeing you again as soon as possible.

Our priority is to keep you as safe as possible, and prior to re-opening our public facing businesses. we have implemented several changes which we would like to make you aware of. We have completed a thorough risk assessment and put in place the necessary support and measures in which to keep you all safe and to allow us to continue healing in our centre

### **Booking Appointments**

It should be noted that due to the 2-metre /1m plus distance ruling and advice from the Complementary and Natural Health Care Council and Parliamentary Select Committees responsible for therapies, that all healing will need to be booked in advance and under no circumstances should members of the public turn up without a booking or without a face mask. For those unable to attend without a mask, distant healing should be offered to you in order to protect others in our care.

In addition, the following should be noted: -

- If we feel ill or have symptoms of COVID-19, we will self-isolate immediately and not come into our centre. This may mean that we must cancel your appointment at short notice. We appreciate that this may be inconvenient, but it is done entirely for your own safety. If your appointment is cancelled, you will be offered an alternative healer, if one is available.
- If you or any of the people you live with feel ill or display any symptoms of COVID-19 – please advise us as soon as possible and DO NOT COME TO YOUR APPOINTMENT.

## Visiting our centre

We do not anticipate once the UK Government mention there is an easing of the lockdown that social distancing will stop. Therefore, we ask that you attend your appointments as close to the appointment time as possible. Please do not turn up early for appointments as this may mean that you meet other clients who are just leaving.

We have increased the frequency of cleaning around the (church/healing centre/sanctuary) and follow guidelines including making sure that common surfaces etc. are wiped clean using disinfectant products between each client/customer or on regular intervals.

Wherever possible we will utilise environmentally, friendly, single use items during a treatment that will be disposed of safely after use to protect you from cross infection.

You will have access to hand-sanitiser, and this will be made available for you to use when you come into the centre.

We will ask you to wear a facemask and wear disposable gloves when you visit to protect you and those around you.

Please do not be surprised or upset when we are using personal protective equipment (PPE) during your visit and during your healing. This may include disposable gloves / facemasks / aprons where appropriate.

All disposable items such as gloves or masks are bagged and safely removed from the (treatment/healing) area between each client.

## Delivery of Spiritual Healing

We have carried out a risk assessment in all our area and we are confident that we can continue to provide these safely. If you have any concerns with regards to Spiritual Healing, please speak to (one of our Healers/me).

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Review date: \_\_\_\_\_

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