



## Health Guidelines for IPA In-Person Classes

Because of the close proximity of IPA manual therapy classes, our health policy regarding contagious diseases, including all respiratory symptoms, are slightly more stringent than CDC guidelines.

- If you have symptoms, or have been exposed to, any respiratory illness within 3 days prior to a course please contact IPA to discuss options for attending the course. Contact IPA by emailing [info@ipafmt.com](mailto:info@ipafmt.com) with Urgent Health Concern
- If you have tested positive for COVID within the 5 days prior to the start of a course, you can attend the course as long as you 1) are symptom free for 2 days before the start of the class **and** 2) wear a mask -OR- provide the results of a negative rapid antigen test to IPA 24 hours prior to the start of the course.