

### Whether or not to use musical instrument

You will know, from the guidance in your setting, whether or not you should be using musical instruments with your session participants. There are plenty of ways you can adapt musical activities for use without musical instruments. You might find it helpful to read our suggestions [here](#).

### Cleaning instruments

Your musical instruments can be disinfected in the same way you are managing infection control for all other equipment in your setting.

You may wish to consider not using blown instruments if there is an increased risk of infection.

You may wish to consider allocating particular instruments for particular clients. If you do not have sufficient musical instruments, you may like to apply to our Musical Instrument Fund to obtain some additional resources. Read more about this on our [UK Resources Page](#), and if you're ready to apply, download the [Application Form](#).

Separate instruments that have been cleaned from those that have not. A sticker system may be useful for clarity.

You may wish to consider displaying a cleaning chart clearly on your box of instruments so that everyone who uses them can be confident they are clean and ready for use.

### Cleaning the room in between sessions

You will undoubtedly have your own measures in place for keeping your rooms clean in your setting. This is included here simply as a reminder that the same measures should be extended to the space where you hold music sessions, as for any activities. This may require an extra layer of vigilance and memory during your music activities to monitor the chairs and surfaces that have been touched by your session participants.

### A note on singing

There is no particular official guidance as to whether it is necessary for you or your client(s) to wear a protective mask when singing, but some people have been concerned that potentially infectious droplets might be spread more easily when singing. Therefore, you may wish to consider wearing a mask for your peace of mind, and it may feel appropriate to recommend your clients and their carers (if attending sessions) do the same.

Some music therapists have said they prefer to wear a visor instead of a mask, as this maximises on scope to see facial expressions fully, full face visibility can be more reassuring for session participants and some simply find them more comfortable. Of course, any visor would need to be kept clean.

### Hand washing

Of course, hand washing remains one of the most effective ways of curbing the spread of COVID-19. As you would with any of your activities, you should ensure your hands are clean before and after each music session and you may also wish to offer supervised hand washing before and after sessions to your session participants. As you will know from your wider work, hand washing will not be sufficient for those session participants who find it difficult not to touch their face.