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After many weeks under stay-at-home orders, states are gradually easing their COVID-19 lockdown restrictions, meaning people can widen their social bubbles, spend more time outdoors and in public (while still practicing social distancing and wearing masks), and—apparently a crucial step forward for many—get their hair done. But before you throw all caution to the excitement of putting your neglected locks in the hands of someone who actually knows what they're doing, some pretty big questions need to be answered first: Is it safe to go to the hair salon? And if you do decide to see your hair stylist, what are salons doing (and what can you do) for protection during an appointment? The biggest issue with going to the hair salon during COVID-19 hinges on how the virus spreads—mainly through close person-to-person contact with infected people (and the respiratory droplets they produce). In a hair salon, people are typically pretty close together—especially when a hair stylist is coloring, cutting, or styling someone else's hair. That means the greatest risk right now in visiting a hair salon is coming into contact with a client or employee with COVID-19, even if they're asymptomatic (the virus can still spread even when someone isn't showing symptoms), Claudia Skinner, DNP, former critical care nurse and director of clinical excellence at St. Jude Medical Center in Orange County, CA, tells Health. Another risk—though significantly less so than person-to-person contact—is coming into contact with commonly-shared surfaces, like salon chairs and tools, which could have virus particles on them. Guidelines from the Centers for Disease Control and Prevention (CDC) to help non-essential businesses reopen don't address hair salons specifically. But other official bodies, like the American Industrial Hygiene Association (AIHA), have provided detailed guidance for hair and nail salons, which includes cutting down on the number of customers who are in the shop at any time, limiting face-to-face interaction by standing behind the client at all times, and wearing a face shield or mask. In addition to this guidance, states and local municipalities have issued their own extra recommendations for safe salon operation, post lockdown. For instance, Wisconsin's quidelines recommend that, along with other precautionary measures, hair stylists should also carry a towel at all times, so that they can cover their nose, mouth, and mask if they get the urge to sneeze or cough. If it's possible to delay the urge, they're advised to "immediately leave the building or get as far away as possible from clients, and coworkers." Hair salons are also taking it upon themselves to put even more regulations in place to protect their clients, says Danielle Cohen-Shohet, co-founder of spa and salon software company GlossGenius. Along with wearing masks, accepting only contactless payments, separating work stations, and carrying out frequent hand washing and cleaning, many salons will require clients to use an infrared thermometer before entering the salon, and have stopped offering blow dry services, due to fear that the virus could be spread more easily through the air. Lorraine Massey, author of Curly Girl: The Handbook, creator of the DevaCurl product line, and owner of Spiral (x,y,z) salon in New York City, adds that when her salon opens she'll put in place her own safety measures. "We're taking all the required safety measures. "We are ready to a new normal," says Massey. "We're taking all the required safety measures necessary, including having everyone who comes into the salon wear masks, gloves, and face shields. Additionally, we'll have sanitizing stations around the salon. Luckily for us, the salon is guite large which allows us to be much further apart than the regulations, hair salon owners agree the bigger picture is more important. "I speak for all of my hairdressing colleagues when I say it's been a huge loss of revenue and connection," says Massey. "We can build that up again, but we cannot bring back those that have lost their lives. Closing was for everyone's best interests and safety." Even with the precautionary measures put in place by salons, there are still things you can do to protect your own health and the health of those around you. First: You can call the hair salon ahead of time and ask them what their new protective policies are and what will be expected of you before and during an appointment, Charles Bailey, MD, medical director of infection prevention at St. Joseph Hospital and Mission Hospital in Orange County, CA, tells Health. Additionally, Skinner recommends asking what cleaning and disinfecting practices your salon has in place, particularly with frequently-touched areas such as door handles, counters, arm chairs, etc. And of course, don't schedule an appointment if you feel ill, or wouldn't be able to tolerate wearing a face mask during your visit. Ultimately, the decision to go to a hair salon right now is a personal one, depending on how far along your state is in its reopening process, and how comfortable you are with the risks associated with visiting a hair cut is at the top of your to-do list right now, make sure to review your salon's new policies, come prepared to wear a face mask (if one isn't provided to you), and maintain social distancing as much as possible during the appointment. The information in this story is accurate as of press time. However, as the situation surrounding COVID-19 continues to evolve, it's possible that some data have changed since publication. While Health is trying to keep our stories as up-to-date as possible, we also encourage readers to stay informed on news and recommendations for their own communities by using the CDC, WHO, and their local public health department as resources. To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter Thanks for your feedback! Media Platforms Design Team 10 salons around the country whose stylish interiors make the cut Between winter hats and wintry mixes, your hair has been through a lot over the past few months. In fact, with all the time spent bundled up, you may not have even realized how badly your tresses are in need of an update. So, to help you achieve a 'do that's as fresh as the first day of spring, we rounded up nine Chicago hair pros who have their fingers on the pulse of the season's hottest trends. From pastel hues that pop to Sienna Miller's wavy bob, there's a showstopping look for everyone. But, you better hurry up. The warm-weather months run short in this city. For A Sienna Miller-Inspired Bob: Michelle Forst At George The SalonNot all bobs are alike, and celebrity stylist Michelle Forst likes to keep up with red carpet trends to make sure her cuts are always on point. Her latest creation, a wavy bob inspired by Sienna Miller's hair at the Golden Globes, is a welcome alternative to more predictable short 'dos. In our opinion, this edgy crop is the perfect look for spring. George the Salon, 945 North Rush Street (at Oak); 312-923-9444. For Natural Bayalage Highlights: Renee Pelc, Gloss Salon ReneePelc makes highlights look like they are supposed to - natural. The 20-year-plus industry veteran has a knack for transforming tresses into effort lessly sun-kissed and vibrant locks with her precise bayalagetechnique. And, thanks to the new Olaplex Bond Multiplier No. 1 sheuses, you can go blonder minus the breakage. Trust, you may well nevergo back to foils again. Gloss Salon, 875 North Rush Street (at Delaware Place); 312-320-5424. For Beachy, Cover Girl Waves: Anthony Cristiano At Anthony Cristiano SalonAnthonyCristiano has guite the client roster — and there's a good reasoneveryone from Gigi Hadid to Kristin Cavallari to Sophia Bush has him onspeed dial. As a celebrity editorial hairstylist, he truly understands he balance and proportions of someone's face shape to give them the most flattering 'do. This spring, Cristiano is embracingbeachy waves, as seen on Sports Illustrated cover girlHannah Davis and Brazilian stunner Adriana Lima. Seek him out if you'dlike to give your friends a serious case of hair envy. Anthony Cristiano Salon at the Trump Tower, 401 North Wabash Avenue (mezzanine level); 312-268-2440. For The Best Extensions In Town: Tony Odisho, Exsalonce Salon And Day SpaLike most Chicago girls, we'vetried our fair share of hair extensions, and Tony Odisho's still winour vote as the best in the city. Whether you want to add length so you have more to workwith, or a little fullness so you can finally achieve the style of yourdreams, you won't be disappointed. And, with proper care, they won'tdamage your tresses, thanks to a keratin bond that mimics the structure for hours? Choose the express tape option, and you'll be out thedoor in under an hour. Exsalonce Salon and Day Spa, 2150 West Roscoe Street (between Leavitt Street and Hoyne Avenue); 773-327-4848. For Someone Who Really Gets Natural Hair: Rahni Michael Flowers At Van Cleef Hair StudioSeveral generations of Chicago's African-American community have had their hair coiffed to perfection by the hands of Rahni works carefully with his team to find the most beneficial products and to minimize the amount of heat that is applied, resulting in beautiful, healthy hair that can then be easily styled. Van Cleef Hair Studio, 56 West Huron Street (at Dearborn Street); 312-751-2456. For The Longest-Lasting Blowout Of Your Life: Giselle at Charles IferganPrepare to ditch your locks shine. No matter what look you are trying to achieve, Giselle can make it happen, and in less time than your average lunch break. But, what we really love is how long our amazing blowout stays fresh. With a little care (read: dry shampoo), you can look salon-perfect for at least two to three days. Charles Ifergan, 106 East Oak Street (between Rush Street and Michigan Avenue); 312-642-4484. For Unicorn Hair You Can Actually Pull Off: Jennifer Doljanin At Mario Tricoci Salon & Day SpaOverthe course of 35-plus years, the Tricoci family has opened 15full-service locations throughout Chicagoland that continuously offer the latest trends and techniques in the industry. The newest innovationin their technicians' mixing bowl is called "color touch instamatic," which livens up blonde — and slightly deeper-hued clients — with a dashof pastel color that's painted on, balayage-style. Whether you want tochannel your inner Katy Perry or your Kylie Jenner, there are six diffusedshades to choose from that will tastefully fade over time. And, don'tthink you're too old for this look. If Helen Mirren could pull it off, so can you. Mario Tricoci Salon & Spa, 900 North Michigan Avenue (between Delaware Place and Chestnut Street); 847-202-1900. For A Bold Burst Of Color: Stevie Smith At Smith & Davis SalonSmith is an expert at whipping up color formulas that fit her clients' lifestyle and comfort zone. But, if you're looking to step out of that comfy place and try something different, this mix-master also has a few tricks up her sleeve. For a fun, new way to add vibrancy to the hair without an overall commitment or change, Smith suggests adding a pop of color in the form of bright hues (think peacock blue), for a bold or subtle - but never predictable or boring — look. Smith & Davis Salon, 735 West Wrightwood Avenue (at Burling Street); 773-697-4206. For A Next-Level Bang Trim: Amy Abramite At Maxine Greative director and stylist Amy Abramite is your gal. The bangaficionado starts by analyzing your head shape, the width and length ofyour forehead, the density of your hair, and your hair, and your hairline itself beforeever picking up her scissors. Then, she decides what will look best forthe shape, length, and texture of your tresses — whether it's clean andblunt à la Katy Perry or soft and sexy like Dakota Johnson. Celebrity-inspired bangs? Yes, please! Maxine Salon, 712 North Rush Street (between Superior and Huron Streets); 312-751-1511.

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