



COVID-19

General Information

In order to adhere to the current guidelines provided by the government, to return to practice the following measures are required to do so safely.

- Social distancing (2m or more) can be maintained at all times.
- Regular Hand washing & hand sanitising.
- Frequently touched surfaces/areas are disinfected routinely.
- PPE is readily available.
- Max occupancy applied individual rooms.
- Hand sanitising stations.
- One way entry and exit system.
- Keeping to the left when using corridors or public spaces.

Most importantly any staff member showing any of the symptoms below will be asked to work from home/self-isolate and not return to the office until they have are asymptomatic for 48 hours or have a negative COVID-19 test results. Please contact your line manager to report any symptoms.

DO NOT ENTER IF YOU ARE EXPERINCING THE FOLLOWING:

- **A high temperature**
 - this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **A new, continuous cough**
 - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)