

**The Cottage Therapy Centre - Covid-19 Secure Facility**  
*Please note, all the measures and protocols are guidelines and assistance.*  
*Each room renter is responsible for their own safety and that of their client.*  
**Covid-19 Secure Measure.**

**Client Guidelines**

Before visiting the therapy rooms please read the information below to ensure that you can stay safe and help others to during your visit. If you have any questions either before or during your visit, please ask your therapist.

**How to stay safe at The Cottage Therapy Centre**

- No Touch Policy: Practice a “no-touch” environment (no handshaking).
- Social Distancing: Practice Social distancing and ensure you are a minimum of 2 metres apart from anyone else you see at the therapy rooms.
- Use the hand sanitiser as soon as you enter the premises.
- Timely Arrival: Please aim to arrive as close to your appointment time as possible as there is no waiting area available.
- Solitary Attendance: Please attend your appointment on your own, unless prior arrangement with your therapist. Persons accompanying clients will be not be able to wait inside the therapy centre.
- Personal Hygiene: Wash hands prior to arriving and use hand sanitiser on arrival.
- Personal Exposure: avoid touching your own face, particularly your mouth.
- Facemask: You may wish to have a conversation with your therapist about wearing of masks during therapy.
- Symptoms: **You must not attend your appointment if you have any of the following symptoms:**
  - 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.
  - a loss of, or change in, normal sense of taste or smell

**In conjunction with the Covid-19 secure facility, measures that your therapist will be undertaking prior to and during your visit:**

- Contact you if they have any of the above symptoms or come into contact with anyone who has.
- Regular hand washing and sanitisation.
- Practise social distancing. Avoid shaking hands.
- Communicate with you about your policy to cancel if you are unwell or have been abroad.
- Clean surfaces before each client arrives.
- Wash hands before and after every client.

**Additional measure to reduce risk:**

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin.
- Avoid touching your eyes, nose and mouth.
- No handshakes or greetings that involve physical contact.
- Wash your hands often with soap and water for at least 20 seconds.
- Bring your own refreshments, water, cup etc. as the kitchen will not be available
- If you have symptoms stay at home, let you therapist know and visit the <https://www.nhs.uk/conditions/coronavirus-covid-19/>