

West Down Parish Hall

Living with COVID – key principles

1. People should stay at home if unwell.
2. Those who have recently had COVID-19 should not attend the hall until either a week has passed and they no longer have a temperature or they have two negative lateral flow tests on days 5 and 6. They should inform their close contacts and avoid contact with anyone in an at-risk group. Contacts of people with COVID-19 are asked to take extra care, following general guidance on safer behaviours. Routine contact tracing ends on 24th February.
3. Let fresh air in if meeting indoors. Opening a window for ten minutes helps. (This has also been shown to reduce risk of catching other airborne diseases such as flu).
4. Continue to wear a face covering in crowded and enclosed spaces, especially where you may come into contact with other people you do not normally meet and when rates of transmission are high.
5. Clean your hands often, avoid touching your face, nose or eyes. “Catch it, bin it, Kill it”.
6. Maintain social distancing as far as possible from anyone you do not have regular contact with. Respect the fact that others may wish to take a more cautious approach.
7. If a more crowded event is likely to take place, e.g. a wedding reception with dancing, hirers should be encouraged to ask everyone to take a lateral flow test