

ETNA Checklist:



Living with Covid-19

Please follow these clear guidelines to ensure that you keep yourself and others safe, everybody needs to continue to act carefully and remain cautious to enable us to continue to keep our community safe.

In order to reduce the risk of catching and passing on COVID it is suggested that you:

- Sanitise hands upon entering and leaving the building at '**hand sanitising points**'
- Clean all door handles, surfaces, light switches, intercom at the start and end of your session with cleaning products provided
- Open windows before your session as a ventilated room is preferable and **REMEMBER** to close them afterwards
- Wash hands regularly for 20 seconds minimum
- Wear a face covering in communal spaces such as corridors & toilets or when coming into contact with people you do not usually meet
- DO NOT use rooms unless you have a booking
- If you feel unwell then stay at home – do not put others at risk

Please let us know if you have any feedback or any suggestions for improvements info@etnacentre.org