



## COVID -19 - Advice for Hosts and Visitors.

We are providing the following advice in light of the growing concern about the spread of COVID 19. Generally, infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. Some of your visitors may be more at risk or highly concerned about the virus. You can play a role in providing clear and updated information to raise awareness of prevention measures like hand washing.

**What are the symptoms? The following symptoms may develop in the 14 days after exposure to someone who has covid-19 infection:**

- A cough
- A high temperature
- Shortness of breath

[The latest advice and developments on the covid-19 situation can be found on the GOV.UK website.](#)

**What's the best way to prevent the spread of covid-19?**

- Wash your hands often with soap ([or soap substitutes](#)) and water for at least 20 seconds or use an alcohol-based hand sanitiser. This is particularly important after taking public transport.
- Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin. You can [download a 'Catch it, Bin it, Kill it' poster](#) (PDF, 940KB) from the NHS.
- Clean and disinfect frequently touched objects and surfaces in the home after a Quiet Day.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**What do we need to do to protect ourselves and visitors?**

- **Hand washing facilities** should be available and well supplied. More regular hand washing may require more supplies. Provide hand sanitiser, paper towels or small flannels for drying hands for visitors. GOV.UK has published clear and printable [instructions on hand washing techniques](#) (PDF, 130KB) which can be displayed if you wish.
- **Cleaning regimes:** Viruses can live on hard surfaces for up to eight hours. Frequently clean key areas where visitors have been eg door handles etc.
- If providing tea and coffee or lunch it is advisable to wash crockery and cutlery at a temperature of 60 degrees.

**Should we cancel our events?**

- Currently the advice is for most people to continue to go to work, school and other public places.
- If you are planning an event consider social distancing (keeping 6 feet apart), being outside will minimise the risk, and we advise that you do not hold events indoors.
- **Advise those who are unwell to think carefully before attending a Quiet Day/Event.**
- **Access to Quiet Gardens will continue to be important for peace, and well-being, you may wish to consider making you garden accessible for individuals to drop in.**

**Key up-to-date information from the government:**

[GOV.UK: COVID-19 latest information and advice](#)  
[NHS coronavirus advice](#)