



Advice for Visitors

If, after weighing up the risks, you decide to attend a Quiet Day it will look and feel a little different. The following measures will be in place to mitigate the risk of spreading COVID-19.

- Use the hand sanitiser as you enter (the garden or open space) and when you leave.
- Observe the 2m social distancing rule as directed by your Host.
- You may wish to wear a face covering.
- If you are residing in and visiting a garden in the UK you will be asked for your name and contact details to enable the Host and Government's TEST TRACE and TRACK scheme to contact you if someone present tests positive. These details will be kept by the Host for 21 days under GDPR – then destroyed. If you are visiting a garden outside of the UK please refer to your won Government's advice.

Do not attend a Quiet Day or gathering if you feel unwell

Do not attend a Quiet Day or gathering if you have symptoms of COVID -19

The **main symptoms** are:

- A high temperature
- A new continuous cough
- Loss or change to your sense of smell and taste

Please at all times respect and adhere to the directions of your Quiet Garden Host.

Thank you

