

Coronavirus / COVID-19

Important Information – Please read and action

Information for BeSocial@theCentre Members

The recent news about the coronavirus (COVID-19) reminds us of our commitment to ensure the sustained physical, social and well-being of our members.

In recognition of guidelines from governmental entities, we are instituting the following practices for anyone who attends the Centre. These practices make sense for maintaining health and well-being during the general flu season *generally*, and particularly during the potential emergence of COVID-19.

- Please stay home if you are feeling unwell. Symptoms can range from mild to severe and last anywhere from 2-14 days. Stay attuned to governmental recommendations and call NHS 111 immediately if you experience symptoms such as fever, cough, and shortness of breath.
- If you have travelled or had prolonged contact with someone who has travelled to an affected area, please wait 14 days before coming to BeSocial@theCentre.
- No hugging, kissing cheeks, or shaking hands. We recognize how challenging this may be within our friendly group but encourage you to use your creativity to find alternative ways of greeting each other, such as waving.
- Wash your hands often with soap. The recommendation is to wash for 20 seconds (the Happy Birthday song twice through).
- Use a commercial hand sanitizer containing alcohol frequently. Sanitizing pumps at the entrance of the toilet facilities available to all. Additional hand sanitizers provided by the Centre are available.
- Cover your mouth and nose when coughing or sneezing. Use tissue to cover your mouth and nose when you cough or sneeze, then discard it immediately and wash your hands. If a tissue is unavailable, use your elbow or upper sleeve to cover your mouth and nose. Avoid coughing or sneezing into your hands.

Our staff and volunteers will also action the above guidelines. We have incorporated additional cleaning practices and operating procedures that promote a safe and sanitary environment. These practices include more frequent cleaning of our premises and providing additional hand sanitizers, which staff will encourage you to use frequently throughout your day with us.

We look forward to continuing to provide our service that promotes your well-being within a safe, healthy and supportive environment.

[Information for Staff and Volunteers](#)

The recent news about the coronavirus (COVID-19) reminds us of our commitment to ensure the sustained physical, social and well-being of our members.

We are also aware that due to age and other health factors, our members may be at-risk of developing more serious complications as a result of any viral infection.

In recognition of guidelines from governmental entities, we are instituting the following practices for anyone who attends the Centre. These practices make sense for maintaining health and well-being during the general flu season *generally*, and particularly during the potential emergence of COVID-19.

- If you have travelled or had prolonged contact with someone who has travelled to an affected area, please wait 14 days before coming to BeSocial@theCentre.
- Please stay home if you are feeling unwell. COVID-19 is a respiratory illness which symptoms include fever, cough, and shortness of breath, similar to pneumonia. Symptoms can range from mild to severe and last anywhere from 2-14 days. Call NHS 111 if you experience any symptoms.
- No hugging, kissing cheeks, or shaking hands. We recognize how challenging this may be within our friendly group but encourage you to use your creativity to find alternative ways of greeting each other, such as waving.
- Wash your hands often with soap. The recommendation is to wash for 20 seconds (the Happy Birthday song twice through).
- Use a commercial hand sanitizer containing alcohol frequently. Sanitizing pumps at the entrance of the kitchen and toilet facilities available to all. Additional hand sanitizers provided by the Centre are available. We encourage you to use the sanitizer frequently.
- Cover your mouth and nose when coughing or sneezing. Use tissue to cover your mouth and nose when you cough or sneeze, then discard it immediately and wash your hands. If a tissue is unavailable, use your elbow or upper sleeve to cover your mouth and nose. Avoid coughing or sneezing into your hands.
- Regularly use sanitizing wipes on the surfaces that you come in to contact with. Additional wipes provided by the Centre are available.
- We ask that you ensure that general cleaning and operating procedures are promoting a sanitary environment (posted hand washing reminders in the bathrooms, frequent surface wipe downs for doorknobs and handles, hand sanitizer pumps made available).

We look forward to continuing to provide our vital service that promotes the well-being within a safe, healthy and supportive environment. Thank you so much for implementing these measures.

[Information for BeSocial@theCentre Community Partners](#)

The recent news about the coronavirus (COVID-19) reminds us of our commitment to ensure the sustained physical, social and well-being of our members.

We are also aware that due to age and other health factors, our members may be at-risk of developing more serious complications as a result of any viral infection.

In recognition of guidelines from governmental entities, we are instituting the following practices for anyone who attends the Centre. These practices make sense for maintaining health and well-being during the general flu season *generally*, and particularly during the potential emergence of COVID-19.

Some of the practices that we are implementing:

- Encouraging all attendees to stay home if they are not feeling well.
- Posting hand washing directions in the bathrooms.
- Wiping down heavily used surfaces, like doorknobs and handles, with sanitizing wipes. Additional sanitizing wipes provided by the Centre are available.
- Sanitizing pumps at the entrance of the kitchen and toilet facilities available to all. Additional hand sanitizers provided by the Centre are available. Please encourage your attendees to frequently use these.

We look forward to continuing a partnership that promotes well-being within a safe, healthy and supportive environment. Thank you so much for considering these measures.

Further governmental advice is available from the following links.

<https://www.gov.uk/government/publications/guidance-for-social-or-community-care-and-residential-settings-on-covid-19/guidance-for-social-or-community-care-and-residential-settings-on-covid-19>

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/guidance-for-employers-and-businesses-on-covid-19>