

COVID-19

STAYING SAFE

How to protect yourself, your family and all CTC staff during your visit to CTC

WELCOME TO CTC

As we resume face to face services, the health and wellbeing of all our clients, staff and their families is our primary concern.

Social distancing measures are still in place across the UK to try to limit the spread of COVID 19, as well as reduce the risk of it peaking again in the future.

This document contains important information and incorporates the latest guidance from the UK Government, NHS and other relevant authorities.

We hope you find it useful and it offers some reassurance regarding your visit. Please read this carefully and let us know if you have any questions.

INFORMATION FOR VISITORS TO CTC

Please take a few minutes to read and understand the guidelines we have put in place to keep us all safe during your visit.

- ✓ Please only keep your app't if you and everyone in your household have been symptom free for 7 days.
- ✓ Please wait in your car or outside until no earlier than 5 minutes before your appointment time.
- ✓ Please do not move chairs we have set up in the therapy room - keep to the safe distancing precautions.
- ✓ If you are bringing a child, please make sure that they follow all of these hygiene and distancing protocols.
- ✓ Please bring your own refreshments, as no refreshments are provided by CTC.



AVOID CONTACT

Try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble).



WEAR A MASK

Everyone over the age of 11 years should wear a mask or appropriate face covering anywhere inside the CTC building.



WASH HANDS

If you cough, sneeze or visit the bathroom always immediately wash your hands with soap and water, or hand sanitising gel, for at least 20 seconds.



TALK TO US

If you or a member of your family experience any symptoms in the 7 days before, or during, or in the 7 days after your visit to CTC, please let us know immediately.