**Wellness Centre Dumfries is a Covid Secure Centre**

**As a Patient Visiting the Centre, we ask you to**

1.Arrive on time, not early, not late as it makes the running of the day much simpler for all.

2. Do not bring friends or family with you.

3. Wear a mask which covers nose and mouth.

4.Use the hand sanitiser when you come into the building

5. Complete the Covid Triage form just prior to your visit.

6. For your comfort you may bring your own blanket/ towel and/or wear loose fitting clothing

7. **If you have any symptoms such as a high temperature, sore throat, cough, loss of sense of taste or smell cancel your appointment. Also please do not attend if you have a cold or any other “bug” call for advice.**

**As a centre we will**

1.Make sure that we manage appointments in such a way that people are not mixing in the same space with less than two metres distance.

2 The rooms /chairs /couches etc will be sanitised after each patient and the window will be open for adequate ventilation.

3. The Acupuncturist will wear a clean apron which can be sanitised between patients and face mask and visor for each treatment.

5. Hand washing and sanitiser use will be enhanced.

6. The surfaces in the toilet and common areas will be sanitised after each patient.

7. We will not charge for missed appointments due to people having covid symptoms or having to self-isolate.

8. The Acupuncturist will aim to make the contact time with each patient as limited as possible, but you will be able to relax in the room for at least 20 to 30 minutes

Thank you for your cooperation if we all play our part, we can stay safe and stay open

Best Wishes