



Sirona Covid-19 (Coronavirus) information statement

Taken under guidance issued by Government. Subject to change at any time.

SIRONA IS OPEN AS USUAL

As yet we are not being told to stop sessions so **current participants can continue with their sessions.**

You can still request an application form and information about Sirona. However, **for the time being, we are not taking on any new participants or carrying out any initial taster visits.**

We are also not conducting any unnecessary visits.

We are asking everyone to wash their hands when entering and leaving Sirona and avoiding physical contact with each other whenever possible. We have a visitor's information leaflet which is available on our website www.sironaequine.org.uk and upon request.

We ask you to please respect each other and how other people feel in this present situation.

If you are worried or not sure about attending please let us know.

Email: info@sironaequine.org.uk or Telephone: 01803 868779

CORONA VIRUS INFORMATION

Coronavirus (Covid-19), has an incubation period of 2 – 14 days. Therefore, **you are not infected if you are well after 14 days** of contact with someone who has confirmed coronavirus.

The **symptoms** are:

- Cough
- Difficulty breathing
- Fever

The symptoms tend to be more severe for older people, or those with weakened immune systems and long-term illnesses like diabetes, cancer and chronic lung disease.

There are 2 main routes by which the virus can be spread.

1. **Inhalation** - The spread of the virus is most likely if you have been in close contact (2m or less) with an infected person. The longer the contact the greater the risk.

2. **Touch** – Someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose or eyes (such as touching a door knob or shaking hands and then touching your face).

How can we help prevent the spread of the virus?

- Cover your mouth and nose with a tissue (or your sleeve) when you cough or sneeze. Put the used tissue in the bin immediately. CATCH IT, BIN IT, KILL IT.
- Wash your hands with soap and water often and use hand sanitiser gel. Dry your hands with the disposal paper towels or hand dryer. We have displayed hand washing instruction posters and will provide plenty of hand washing facilities.
- Sirona is regularly cleaning and disinfecting frequently touched surfaces.
- Do not touch your eyes, nose or mouth if your hands are not clean.

If you become unwell whilst at Sirona AND you believe you have been exposed to Coronavirus you should contact a member of staff. We will isolate you in our tiny home and ask you to call NHS 111 for further advice.

If a member of staff, volunteer or recent visitor to Sirona is **suspected of having Coronavirus normal working practice will continue**, until the outcome of test results is known.

If a member of staff, volunteer or recent visitor to Sirona is confirmed as having Coronavirus Sirona will still continue to operate. We will liaise with the PHE local Health Protection Team to identify individuals who may have been in contact with the infected person and take their further instructions. Thorough cleaning of all surfaces and area that have been touched / in contact with the confirmed Coronavirus case will take place, in accordance with recommended practice.

If you have been in **close contact** with a person **with confirmed Coronavirus** you will be asked to self-isolate in accordance with government guidelines. If you develop symptoms you should contact NHS 111.

If you have not had close contact with the original confirmed case currently you need not take any special precautions.

Sirona Therapeutic Horsemanship CIO takes the current situation regarding Coronavirus (Covid-19) seriously. We will act in a responsible manner and will endeavour keep you up to date. However, we recommend you visit the government website www.gov.uk on a regular basis and take advice from healthcare professionals.