



## **Coronavirus (COVID-19): Sirona advice for visitors**

Sirona Therapeutic Horsemanship CIO is actively monitoring the status of the Coronavirus (COVID-19) situation and are following UK Government guidelines about how to respond to the virus. We will continue to offer advice on that basis.

### **To minimise the spread of germs and virus' while on site, we recommend following World Health Authority guidelines:**

- Cover coughs and sneezes with disposable tissues or coughing/sneezing into your elbow
- Dispose of used tissues appropriately in a bin
- Wash hands for at least 20 seconds with soap and water followed by drying them thoroughly or using hand sanitiser:
  - Before eating or handling food
  - After using the toilet
  - After coughing, sneezing, blowing your nose, or wiping a child's nose
  - After touching public surfaces
- Try to keep a metre away from people who are unwell.

These measures are especially important for those who have existing health conditions such as diabetes, renal failure, chronic lung disease, or who are immunocompromised.

### **Help Sirona to help you**

- Please make sure you **wash your hands at the start and at the end of your visit**. Hand washing facilities are available in our toilet block.
- We will keep the toilet & hand washing facilities clean and aim to keep them topped up with soap. Please tell us if the soap runs out so we can restock.
- Advise us if you become unwell during your visit – we have a procedure in place which we will keep updated in line with government advice.

### **If you become ill during your visit**

The symptoms of Corona Virus are a cough, a high temperature, shortness of breath. If you feel ill during your visit:

- Inform a member of staff immediately so we can take appropriate action and advise you further.
- Please avoid contact other visitors and staff.
- Visit <https://www.nhs.uk/conditions/coronavirus-covid-19/> for advice on self-isolating.