**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 when in reception

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

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

6. **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 face mask during treatment.

5. Hand washing and sanitiser use will be enhanced.

6. The surfaces in the toilet and common areas will be sanitised as often as possible during the working day

Thank you for your cooperation if we all play our part, we can stay healthy

Best Wishes