

COVID-19 is still reported to be highly transmissible, therefore, in keeping with the 'work from home if you can' principle, online sessions will still be offered in the first instance (for more information about these please see my website's policies/procedures) https://0ec8d624-ed93-4cc8-a0c16d3b73adadae.filesusr.com/ugd/028911_b4675cb616354f80be967eac9e2c5a7c.pdf. If you would like a face-to-face appointment, you need to weigh up the benefits of attending a session versus the risk of exposing yourself/others to COVID-19 **and** you must adhere to the follow guidelines:

1. Both my household and your household will need to be asymptomatic for the coronavirus in the 14 days prior to your appointment.
2. We consider any health risk factors for me and you (especially those connected with age, pre-existing health conditions etc.) by discussing these prior to your appointment
3. We continue to follow current government guidelines (<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>). For example, face coverings are now required for all **indoor public spaces** (unless you are exempt). This means that when entering 2&6 or Essential Space or whilst in their communal areas, we should both wear a mask. Your mask can be removed once we are at a socially distanced seated area inside the therapy room. You can of course keep your mask on for the duration of your appointment and if you'd like me to wear a mask then just let me know. (This rule does not apply within your own home).
4. We should both wash our hands (and/or use hand sanitiser) before and after the appointment.
5. To limit potential points of contact, when in therapy rooms I will open all communal doors and we should both avoid touching surfaces where possible. If I come to your house, then please can I ask that you do the same for me? We should refrain from shaking hands/physical contact. I will have my own drink/single packet tissues and would ask that you bring your own where possible. Any potentially touched surfaces/objects should be cleaned before and after the session
6. We understand that sessions could be liable to postponement or disruption on a temporary basis if the guidance from the government changes or if either of us (or anyone in our households) are advised medically to self-isolate, or have any symptoms or are diagnosed with COVID-19.
7. If I am diagnosed with COVID-19 the NHS will require that I divulge a list of people that I have come in contact with and I will need to inform 2&6 and Essential Space. In such circumstances I will therefore need to inform them of my contact with you / your household – if this is the case, I will of course keep you informed. If you are diagnosed with Coronavirus, you must inform me as soon as possible so that I can follow current guidelines / make notifications. During periods of self-isolation, online appointments may still be possible.
8. This advice is superseded at all times by Government/NHS advice and is subject to change at short notice.

The main thing is that we communicate/agree the best way to work together so please get in touch if you want to discuss this further.



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