



COVID-19 SAFETY INFORMATION SHEET

In order to make face to face counselling with Elephas as COVID safe as possible during the pandemic, the following measures have been put in place:-

1. There is not a waiting area so please do not arrive early for your session.
2. Unless you are exempt, please wear a face covering when arriving for your session and as you walk through the property to the counselling room.
3. Our chairs will be spaced 2 metres apart and not directly in line so wearing face coverings during our session is not mandatory. However, if you would be more comfortable wearing one or wish for me to wear one, that is absolutely fine.
4. You will be asked to use hand sanitizer when you arrive. This is provided or you can use your own. I will also wash my hands just before you arrive.
5. Before you arrive, any surfaces you may touch such as door knockers/handles, chair fabrics etc. will be disinfected with an antibacterial spray.
6. The counselling room is able to be ventilated during our session by opening a back door to the garden. The back garden will not be accessed by anybody during our session.
7. For the above reason, it would be a good idea to wear layers in case of inclement weather!
8. There will also be an unobtrusive air purifier turned on in the room during our session which helps to filter out airborne bacteria and viruses.
9. If you are allergic to cats, please let me know. No cats will be in the room during our session, but I can take extra steps to remove any hair and dander beforehand.
10. I am unable to offer water and tissues at this time so it would be advisable to bring your own. Any used tissues should be taken with you.
11. Please do not attend a face-to-face session if you have symptoms of COVID-19 or any other contagious illness such as a stomach bug. If you or anyone you've been in contact with tests positive for COVID-19 before our session, please cancel it. We can continue by telephone or Zoom if you wish or wait until any period of self-isolation is completed.
12. If you test positive or have been in contact with someone who has tested positive for COVID-19 soon after a face-to-face session with me, please let me know as soon as possible and give my details to NHS test and trace.
13. I am currently testing myself for COVID-19 twice weekly at home using lateral flow kits.
14. I have had my first dose of the COVID-19 vaccine and am due to have my second on 6th May 2021.
15. I have done my best to mitigate the risks of infection, but they can't be eliminated completely. I would ask that you carefully consider if face-to-face counselling feels safe and right for you whilst we are under restrictions, particularly if you have not yet received a vaccine dose. If you are in a vulnerable group, you should not attend face-to-face counselling at this time. I am happy to offer telephone or Zoom counselling at any time as an alternative.

Thank you in advance for your cooperation and I look forward to working with you!