

Visiting the Centre in Person Covid Guidelines

Feeling Unwell? – *Please do not visit the Centre if you are experiencing Covid-19 symptoms* (high temperature/fever or cough or loss of taste or loss of smell). Let a member of the centre team know asap if you have been in the centre and subsequently test positive for coronavirus (info@bristol-buddhist-centre.org)

Lateral Flow Tests - Please do a lateral flow test before attending in person events.

Hand Washing and Hand Sanitiser – Wash or sanitise your hands on arrival. There are hand sanitiser stations around the building.

Track and Trace - Please sign in when you arrive. We will contact you if a positive covid test result has been shared with us from a class you have attended.

Masks & Face Coverings - If you have been a contact with someone who has tested positive for coronavirus, but are not required to self isolate, then please wear a mask when attending events in person. This is an extra precaution to help reduce the risks.

Clinically vulnerable persons - If you have additional needs then please do contact the class teacher *before the event* to discuss any adjustments we can make for you.

If you would like to wear a mask, then the WHO website provides information on the types of masks that give you more protection:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-masks>

Donations - We still rely on your donations, but are unable to accept cash at the moment. Please give your donation via our website:

<https://bristol-buddhist-centre.org/donate/>

We appreciate you contributing to the centre and being an active part of the Sangha (community) during these times.

Many thanks

The Heart Kula