



Step 4 Covid Guidelines from July 19th 2021

On 19 July 2021 England is moving to Step 4 of the roadmap, including the removal of some restrictions.

The Balsam Centre will continue to follow government guidelines to help reduce the spread of Covid 19 for our staff and centre users.

The recommendations are:

1. Wear a face covering where you come into contact with people you don't normally meet in enclosed spaces and public areas of the building
2. Meet in well-ventilated areas where possible, such as outdoors or indoors with windows and doors open
3. Wash your hands with soap and water regularly and use hand sanitiser when coming into and leaving the centre and throughout the day
4. Cover your nose and mouth when you cough and sneeze
5. Stay at home if unwell, to reduce the risk of passing on any illnesses to others in your community
6. Clean items of furniture and equipment after individual use
7. Continue to use the QR codes to check in to the centre using the NHS COVID-19 app, to support NHS Test and Trace
8. Continue to observe social distancing rules with 1 m minimum spacing
9. Staff will continue to be advised to use lateral flow testing twice a week before attending the workplace
10. Consider individual risks, such as clinical vulnerabilities and vaccination status and those of other people and centre users

Lifting restrictions does not mean that the risks from COVID-19 have disappeared.