

WELCOME!

WE ARE PRACTISING PRACTICAL MEASURES TO PROTECT ALL OUR PARTICIPANTS AND KEEP EACH OTHER SAFE.

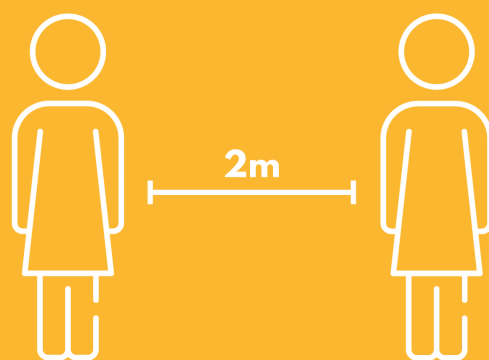
If you feel unwell, with high temperature, coughing, sneezing, shortness of breath, or difficulty breathing please stay at home and rest. If you need support, please call us over the phone: **freephone number 1800**. If you are at the centre and start to feel unwell, please inform a member of staff who will help you.

HANDWASHING



Please wash your hands before and after the session

SAFE DISTANCE



Please maintain a distance of 2 metres between people at all times

NO TOUCHING



Please do not touch other people at any time, including when greeting each other

COVER MOUTH



Please cover your mouth when coughing or sneezing with a tissue or your elbow

BIN TISSUES



If you use a tissue, put it in the bin and wash your hands

CLEANING



All surfaces are cleaned in this room before and after every session

DON'T PASS DOCUMENTS



Don't hand documents to each other; please leave forms on the desk

ASK QUESTIONS



Staff can share information about keeping safe

SHARE CONCERNS



We want to hear what you think and how we can support

These measures will help us keep the centre safe for everyone, so that we can continue to provide services during this time. **Thank you for your support!**

An editable version of this poster is available at is.gd/trocaireipc

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