**Travelling to and from your appointment**

When travelling to and from your appointment, please follow guidelines which include keeping a safe distance from others and travelling by car, bike or walking if possible. Where possible wash your hands regularly and use hand sanitiser. Go to www.gov.uk and search for ‘staying safe outside your home’.

Face coverings

In line with government advice, please wear a face covering to your appointment. This can be a mask you have bought or made, a face covering worn for religious or cultural reasons (as long as they cover the mouth and nose) or a surgical mask you have been given because you are shielding. For guidance on how to wear and make a face mask, visit www.gov.uk and search for ‘face covering’.

Please DO NOT attend an appointment if you or any member of your household are suffering from any of the symptoms associated with COVID-19 or are self-isolating. If this applies to you, please contact us so that you can reschedule your appointment for a different time.

When attending your appointment we have a range of measures to minimise the risk of COVID-19:

* Social distancing measures will be in place
* Additional infection control procedures
* Clinical staff will be wearing personal protective equipment such as face masks and visors
* You will be asked to use alcohol based sanitiser on your hands before entering the building
* Your temperature will be taken before you enter the building