



What we're doing to help keep clients and staff safe in our centres and external NHS consulting rooms

While we are all dealing with the effects of the coronavirus (COVID-19), we wanted to take this opportunity to update you and give you some practical facts on what we're doing as a company to help keep people safe and minimise the spread of COVID-19 in our centres and external NHS consulting rooms.

The safety and wellbeing of our clients and our staff is the our utmost priority at The Awareness Centre, and we're continuing to follow official guidance from the UK Government and Public Health England carefully.

To help combat the spread of COVID-19, we have put precautionary measures in place, including:

- Fully training staff on prevention steps
- Ensuring all staff wash their hands more frequently and thoroughly
- Cleaning the centres more frequently
- Ensuring sanitising hand soap is provided in our toilets
- Working closely with local health authorities
- Making [therapy sessions available online and by telephone](#)

Our NHS and low cost counselling services are all offering online sessions and some therapists are offering telephone sessions. Our private therapy service is offering either face-to-face sessions at our centres or online and telephone sessions. We will continue to keep in touch with you and follow official guidance from the UK Government and Public Health England carefully.

Thank you all for your ongoing support and please read our Health Guide for COVID-19.

Warm regards

Michaela McCarthy
Manging Director

Health Guide for COVID-19

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Symptoms of coronavirus

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets.

It's very unlikely that it can be spread through things like packages or food.

How to avoid catching or spreading coronavirus

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

Check if you need medical help

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

- you think you might have coronavirus
- in the last 14 days you've been to a country or area with a high risk of coronavirus
- you've been in close contact with someone with coronavirus

For further information please follow this link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>