



## Precautions at Neuro Central Meetings

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There are no Covid rules and restrictions in Scotland, but **the virus has not gone away**.

The Scottish Government's current guidance on living with the Covid virus is that there are things you can do to stay well and protect others. These include:

- Staying at home if you have symptoms.
- Wearing a face covering
- Washing your hands regularly
- Meeting in well-ventilated spaces
- Supporting [Distance Aware](#), for anyone who prefers others to take extra care around them.

We support this guidance because our members tend to have conditions that can make them more vulnerable should they catch Covid. However, we recognise that there is now a more relaxed view taken on protection. We have therefore modified the precautions in place at our in-person meetings.

### ***What We are Asking of You***

#### **YOU MUST NOT ATTEND:**

- **If you are feeling unwell or are displaying any symptoms of Covid.**
- You have had a positive Covid test result in the previous two weeks.
- You have been in contact in the previous seven days with someone who has tested positive for Covid.

#### **We require you to agree to:**

- Register your name with us when you arrive.
- Take responsibility for your own protection and others in line with government guidance. We will leave it to you to choose whether to wear a face covering.
- Tell us if you test positive for Covid within seven days of a meeting.
- Wear a face covering if required by a therapist who is treating you.
- Use a room which may be colder than preferred to provide adequate ventilation.

### ***What We Will Do for You***

We will provide a meeting area for you which we believe to be as safe as possible.

Good ventilation is one of the key elements to prevent the spread of the virus. This may require us to keep doors and windows open. Please therefore consider wearing clothing that is suitable for cool temperatures.

If the situation with the Covid virus worsens, we may change these precautions. If we do, we will advise you of any changes.