

# Opening groups following Covid restrictions on 19th July

*We completely understand how the lifting of restrictions on 19th July has left a number of areas concerned. If you are unsure, please feel free to reach out to our group development officer*

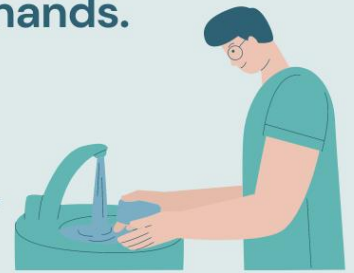
## What makes you happiest

You are entitled to request any covid protocols within your group.



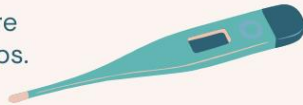
## Wash your hands.

Continuing practicing good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Check your temperature.

Check your temperature prior to attending groups.



## Continue weekly testing

Testing minimises the risk of spreading covid.

*Lateral flow tests are only 60% reliable, if you display symptoms seek a PCR test.*



## Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



## Practice social distancing.

Maintain a distance from others where possible.



## Any display of symptoms, isolate.

If a member of the group begins displaying symptoms, they must isolate immediately and make other attendees of the group aware so they too can isolate until tested..

