

Louise Hebblewhite - Sucram Yoga - Covid19 Keeping us all Safe - Self Questions

These recommendations are based on the guidelines from WHO, Government guidelines and Yoga Alliance Professionals.

Questions to ask yourself before setting out to class

- Have you had a recent onset of a new continuous cough? (if you usually have a cough, it may be worse than usual)
- Do you have a high temperature?
- Have you noticed a loss of, or change in, normal sense of taste or smell
- Does anyone in your household (or support bubble) have COVID-19 or symptoms of COVID-19?
- Have you been in close contact with anyone else in the past 14 days who has symptoms of COVID19 or been contacted by the NHS Test and Trace service and told to self-isolate?

If you answer Yes to any of the above do NOT attend the Yoga/Meditation class until it is safe to do so.

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Stay at home (self-isolate) and get a test.

Given the unprecedented nature and uncertainty surrounding the Coronavirus pandemic, the information provided here may be subject to change.

I appreciate this is a difficult time for all my Students, and me included so I hope this document can offer some confidence when it comes to returning to class. And as we look toward the easing of lockdown I will continue to share updates and useful resources with you all.

Louise Hebblewhite Aug 2020
