



Keeping safe at our groups – COVID-19 guidelines

20th April 2022 LATEST UPDATE.

PLEASE READ AND KEEP

TALK is committed to providing a safe and supportive environment for all members. We continue to offer everyone affected by aphasia access to our services. We want to make sure you feel confident about coming to TALK groups. Here are some things we can all do to keep ourselves and others safe.

IF YOU TEST POSITIVE FOR COVID-19 OR HAVE ANY SYMPTOMS PLEASE DO NOT COME TO THE GROUP.

1. Vaccination

Like other charities, we encourage you to **have the COVID-19 vaccines.**

This is still the best way to protect yourself and others.

We won't ask anyone (group members, staff or volunteers) about their vaccination status.



You can find out more about COVID-19 vaccines at:

[Coronavirus \(COVID-19\) vaccines - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Stroke and the coronavirus vaccine | Stroke Association](#)

2. Ventilation

Fresh air reduces the risk of catching or spreading COVID-19.

We will keep some windows and doors open at the groups.



3. Cleaning and sanitising

Hand sanitiser will be available at the door and on each table.

Please sanitise or wash your hands regularly

Tables, chairs and other equipment are cleaned regularly.



4. Face-coverings

You don't have to wear a face covering or mask at the group.

You can choose to if you want.

Masks that cover your mouth and nose can offer some protection against viruses.

You may need to wear a mask when walking around, so please bring one to the group.



What to do if you have symptoms or test positive for COVID-19

Please do not come to the group if:

- **You have any symptoms** such as: cough, temperature, sore throat, runny nose, headache, diarrhoea, feeling sick
- **You have a positive COVID-19 test result**, even if you don't have symptoms

Try to stay at home and avoid contact with other people for 5 days.

Please let the group leader or Sharon Spurdle know.

You can contact Sharon at: 📞 07718 425953 or ✉️ info@talksurrey.org.uk

For more information, please see:

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#what-to-do-if-you-have-a-positive-covid-19-test-result>

What if someone you live with tests positive for COVID-19?

You are at higher risk of getting Covid yourself.

It can take up to 10 days for your infection to develop.

It is possible to pass on COVID-19 to others, even if you have no symptoms.

We therefore ask you not to come to the group for at least one week.

This reduces the risk to other people in the group.

What if someone at your TALK group tests positive for COVID-19?

If anyone tells us that they have tested positive for COVID-19 **within 10 days** of going to a TALK group session, the group leader will:

- contact Sharon Spurdle as soon as possible (preferably the same day) by phone 📞 07718 425953 or email ✉️ info@talksurrey.org.uk
- tell Sharon the names of everyone who attended the session.

Sharon will contact the venue and attendees to tell them that a positive case of COVID-19 has been reported. The name of the person will remain confidential.

If someone at your group tests positive, you are at lower risk of becoming infected.

You can still come to the groups if you don't have any symptoms.