



## HOW ROOM TO BREATHE IS DEALING WITH COVID-19

I ask that all clients take into account their personal circumstances before deciding whether to use Room to Breathe's services during this period of uncertainty. Particularly whether you are vulnerable or live with anyone who is classed as vulnerable.

The precautions I have put in place should mean there is minimal risk to both parties but it can't be guaranteed that risk is eliminated:

- Either party must cancel/rearrange a session if they feel unwell or if a member of their household feels unwell with symptoms of COVID-19.
- Both parties will be asked to complete a temperature check on the day of the consultation and/or service.
- Katie will travel by car to the client's house and not use public transport.
- Full day services can be split into two half days if the client would prefer.
- Katie will sanitise hands or wear gloves before entering the house and regularly wash hands. We also ask the client does similar.
- Katie will bring her own travel mug, water bottle and will bring her own lunch which should not need the use of the clients kitchen.
- Katie will practice social distancing, staying 1 metre apart, where possible and working side by side with clients rather than facing one another where possible.
- Breaks/lunch will be taken in the car or outside the house.
- Katie will ask clients to leave internal doors open where possible to avoid her having to touch handles and that windows are open where possible.
- Although masks are not required by law in a person's home, Katie will wear one if requested by the client.
- During Katie's time in the house, she will avoid touching her face and will tie her hair back..
- Hand sanitiser/surface disinfecting spray will be used as needed
- Any waste will be safely bagged up and taken away from the house at the end of the service.

If you are still worried about somebody coming into your home then I also offer video call consultations and virtual decluttering so please do ask more about these options. Now we are spending more time in our home than ever more, it's even more important to ensure your space is a place of calm, not chaos!