

## Laura Henry Consultancy COVID-19 Disclaimer and Guidance

Laura Henry Consultancy takes your safety seriously and due to the current Coronavirus pandemic would like to draw your attention to the following:

Whilst participating in any events/celebrations/activities to celebrate My Family Week please ensure that you adhere to the following as appropriate to the activity to reduce the risks of exposure to COVID-19 which is extremely contagious and is spread mainly from person-to-person contact.

*Please note: Despite publishing these guidelines Laura Henry Consultancy cannot be held responsible for any participant becoming infected with COVID-19 during the My Family Week activities,*

The most important thing we can all do in fighting coronavirus is to stay alert. We must control the spread of the virus, in order to protect the NHS and save lives.

This is national guidance that applies to England only – there's different guidance in [Scotland](#), [Wales](#) and [Northern Ireland](#).

[Source: <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing>]

If you live in an area that is experiencing a local COVID-19 outbreak and where local restrictions have been imposed, different guidance and legislation will apply. Please consult the local restrictions guidance to see if any restrictions are in place in your area.

You should continue to avoid close contact and remain socially distant from anyone you do not live with or who is not in your support bubble – even inside other people's homes.

It is critical that everybody observes the following key behaviours:

- **HANDS** - Wash your hands regularly and for 20 seconds.
- **FACE** - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.
- **SPACE** - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

Further information and guidance in regard to symptoms, self-isolation, meeting with family and friends, childcare provisions, schools, businesses, venues, visiting public places, going to work and clinically vulnerable people can be found on:

<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing-after-4-july>

For the latest updates and restrictions, please refer to:

<https://www.gov.uk/coronavirus>