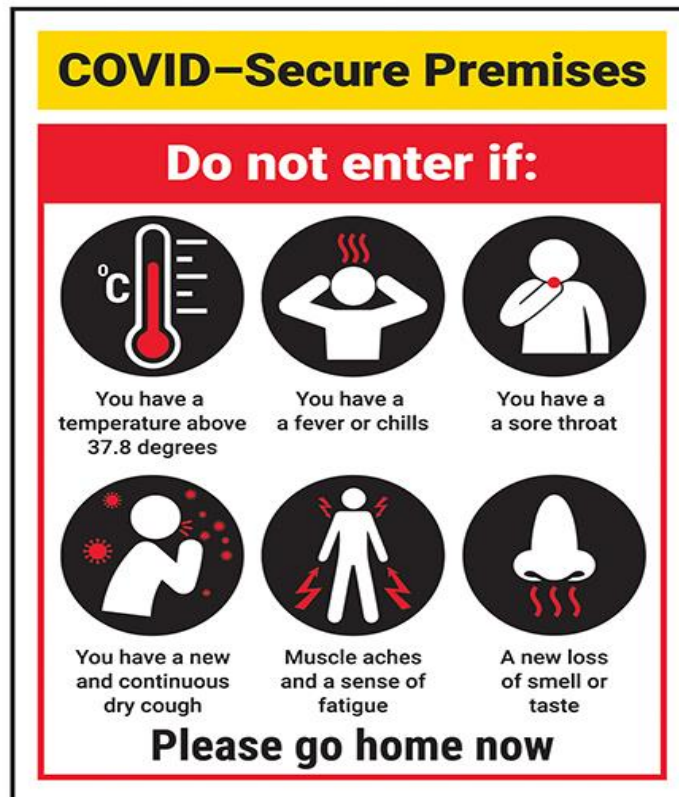


Buchan Community Farm Briefing sheet

For COVID -19 prevention.



At the farm we want to keep everyone safe.

If you have any of these symptoms and or diarrhoea

- If you have been in contact with anyone who has had or displayed symptoms within the last 14 days.

Please, do not come to the farm contact NHS inform, arrange to be tested, self-isolate.

Please wash your hands when you arrive at the farm.

- Everyone on the premises shall regularly wash hands before and after activities, before and after food preparation or meals, washing for at least 20 seconds each time.



1. Rub palm to palm



2. Rub palm over back of hand, fingers interlaced



3. Palm to palm, fingers interlaced



4. Fingers interlocked into palms



5. Rotational rubbing of thumb clasped into palm



6. Rotational rubbing of clasped fingers into palm

In all areas, please keep 2 metres apart.



- **Outdoor activities, please keep 2 metres apart.**

**KEEP A SAFE DISTANCE
WHILE ENJOYING THE OUTDOORS**



- Please, always wear a mask, except when seated 2 meters from other people. You may then remove your mask to allow you to eat or drink.

How to put on the mask



Wash hands



place mask over nose and mouth



pinch nose clips on your nose



Wash hands if you touched the front



- Use pump spray sanitiser provided to spray handles once you have left a stable/ room or building.
- Everyone to have their own named drinks cup/mug, and equipment.



- Tea, coffee, sugar, and milk are provided in individual sachets to be made by the person consuming the drink or their support working, the tea urn handle to be wiped after use with the wipes provided.



Welcome Back!

We are still the same farm and you can enjoy the same activities
Just remember

