



01 September 2021

Dear Sadh Sangat

RE: COVID-19: Keeping yourself and others safe

COVID-19 has not gone away, so it's important to remember the actions you can take to keep yourself and others safe. Everybody needs to continue to act carefully and remain cautious.

Although most legal restrictions have been lifted at Step 4 and many people have been vaccinated, it is still possible to catch and spread COVID-19, even if you are fully vaccinated.

What you should do NHS Guidance is: -

- Get a test if you develop COVID-19 symptoms, even if your symptoms are mild
- Isolate if you test positive for COVID-19 or when told to do so by NHS Test and Trace
- Meet others outside or let fresh air in
- Minimise the number, proximity, and duration of social contacts
- Quarantine when returning from red list countries and for those people not fully vaccinated arriving from amber list countries
- In addition, the government expects and recommends that people wear face coverings in crowded areas such as public transport.
- Clinically extremely vulnerable people are advised to consider taking extra precautions to reduce risk of exposure and minimising social interactions.

To protect everyone whilst you are in the Gurdwara, we ask that you should: -

- Check in with our QR codes using the NHS COVID-19 app.
- Wear your own mask
- Have your own chunni or a ramal to cover your head.
- Check your temperature on entry with the wall mounted monitors.
- Wash and sanitise your hands regularly.
- Carry out Self-test by using rapid lateral flow testing before and after attending the Gurdwara.
- Matha Tek by a standing Namaskaar.
- Not go around the Palki to Matha Tek.
- Not to carry out Chaur Sahib Sewa.

Note: If you test positive for Covid-19 and have recently attended the Gurdwara please let us know. This will allow us to protect everyone.

Bakhshish Singh Panesar – Hon President