

COVID -19 guidance for hotel guests

July 2020

Introduction

This guidance is to help you to protect yourself and others during the COVID -19 pandemic. It provides information on washing your hands, social distancing and what to do if you feel unwell.

Social distancing

As a guest it is important that you comply with the social distancing measures put in place at the hotel to ensure you remain 2m away from people who are not sharing your room or who are not in your 'bubble'. For further information: <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing>

Government guidance encourages people to wear a face covering in enclosed public spaces where there are people you do not normally meet.

Hand washing

Washing your hands frequently is one of the easiest ways to protect yourself and others from illnesses such as COVID-19. You should wash your hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds) using hot soapy water. Always dry your hands. Wash or sanitise (using a hand sanitiser) your hands frequently throughout the day and when you return to the hotel; after you blow your nose, cough or sneeze and before you eat or handle food. For further information <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

You should also cough or sneeze into tissues before binning them.

**Stay alert,
control the
virus, save
lives!**

What to do if you feel unwell

If you develop any of the following symptoms-a new continuous cough and/or high temperature and/or a loss of, or change in, normal sense of taste or smell (anosmia)

1. Please immediately inform a member of the hotel staff and arrange to self-isolate at home or in your room as appropriate.

The rest of your household or those sharing your hotel room need to isolate for 14 days. Hotels may provide an area for individuals to self-quarantine and have a policy and procedure for those individuals to be kept entirely separate For further information call NHS 111 or visit:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

2. Please arrange a test by calling 119 or visiting [\(https://www.nhs.uk/conditions/coronavirus-covid-19/\)](https://www.nhs.uk/conditions/coronavirus-covid-19/)

Further general COVID-19 information in different languages is available:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>



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