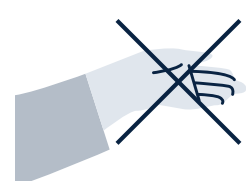
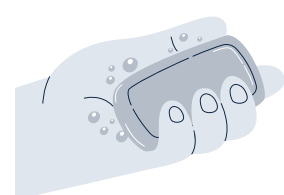


# Keep Our Workplace COVID Safe!

## Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



Clean hands with **hand sanitiser** at the door upon entry and leaving the clinic



After each client we clean and **disinfect surfaces** like doorknobs, tables, massage tables and desks regularly



**Avoid touching your face** and cover your coughs and sneezes



Stay at home if you **feel sick** or if you have **sick member of your household** at home.

## Practice social distancing

Stay **1.5 meters** away from others

**Reschedule your appointment** if you feel unwell or change to a Skype /FaceTime session

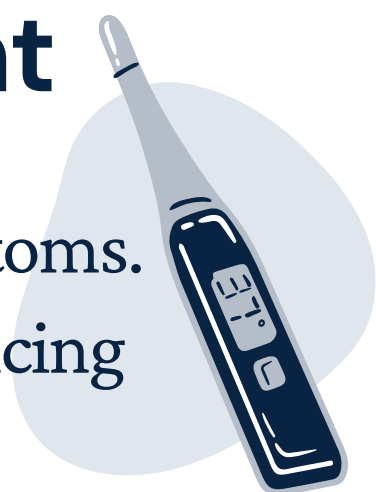
**Use cashless transactions.** Cash is not accepted

**Only touch** objects you are going to buy



## Your commitment

- I do not have flu-like symptoms.
- I adhere to the social distancing and hygiene guidelines
- I understand that Reiki treatments are hands-off distant healing, 1.5m from the practitioner



## Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you! Reach out to [sam@samanthaavery.com](mailto:sam@samanthaavery.com) anytime.

NAME:

DATE: