

COVID Safe Face-to-Face Lessons at the Flute Tutor's Home **To check BEFORE coming to the Lesson**

Please **DO NOT** come to a lesson if any of the below apply, or you feel unwell.

If any of the below apply, and the teacher and student feel well, the lesson **WILL** continue Online. **It's better to be safe than sorry.**

A Face-to-Face Lesson will **NOT** go ahead if any of the following circumstances apply:

1. Any member of the teacher's or student's household have a confirmed diagnosis of COVID-19
2. If any member of the teacher's or student's household is waiting for a symptomatic COVID-19 test result. (This does not apply to regular asymptomatic testing; the teacher will be having twice weekly asymptomatic tests)
3. If the teacher or student need to isolate after international travel
4. The teacher or student have had contact with someone with a confirmed diagnosis of COVID-19, or been in isolation with a suspected case in the last 10 days
5. The teacher or student currently, or in the past 7 days, have had any of the following symptoms:
 - High temperature or fever
 - New, continuous cough
 - A loss or alternation to taste or smell
 - Severe persistent headache
 - Severe muscle aches and/or extreme tiredness
 - Chest pain
 - Sore throat
 - Hoarse voice
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhoea
 - Abdominal pain
 - Loss of appetite
 - Skin rash (COVID fingers and toes)
 - COVID tongue (mouth ulcers, coated or patchy tongue)
 - Shortness of breath or difficulty breathing
 - Confusion/delirium

Thank you