**NATIONAL ALLOTMENT SOCIETY – COVID 19 GUIDELINES**

**(as of 24 March 2020)**

All Tintwistle allotment tenants should take the following precautionary measures:

* Keep hand sanitiser in your shed and wash your hands regularly
* Use hand sanitiser before opening and closing any gate locks
* Observe “Social Distancing” with each other 2-3 metres
* Do not share tools
* No actual bodily contact with others
* Do not wash your hands in water troughs
* If you have livestock on the site and the restrictions become more severe, take a photograph on your phone of your livestock. Based on what is happening in other countries you may have to print off a government form to leave the house but if challenged it would be good to be able to show a photograph of where you are going.
* Plan ahead to ensure that you have food and medication delivered to you during this time
* Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions as much as possible
* If you display any symptoms of coronavirus stay at home and self-isolate for at least 14 days or until symptoms have passed
* Arrange for another, well person to keep an eye on your allotment or feed your livestock

Government advice about the Coronavirus (Covid 19) is updated on a regular basis at this link:

[**https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public**](https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public)

**ISSUED BY TINTWISTLE PARISH COUNCIL**

24 March 2020