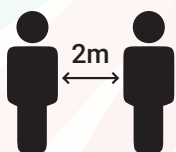


# Worshipping Safely

HELP US ALL STAY SAFE BY  
FOLLOWING THESE GUIDELINES.



You can pray on your own but stay 2 metres away from people outside of your household or social bubble.



Do not touch any objects we would normally share such as books or prayer cushions or mats.



Do not bring in or consume any food or drink.



Please avoid singing or chanting.



Wash your hands for 20 seconds with soap and water or hand sanitiser when you come inside and before you go home.

If you have symptoms of Covid-19 such as a high temperature, a continuous cough or a loss or a change of your sense of smell or taste do not come inside.  
Self-isolate at home and visit [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)  
For further information from the Government please search **Coronavirus** on the Gov.uk website.