

Squirrel Cottage Corona COVID-19 Assessment

First of all we wanted to remind ourselves of the facts.

We welcome your comments and suggestions as guests to help strengthen these procedures.

We supply our COVID-19 assessment and procedures in advance to guests. This allows our guests to understand the measures we are taking prior to coming to Squirrel Cottage. Guests can then decide in advance if these measures are suitable for their own particular safety and risk concerns.

Understanding the threat and identifying the COVID-19 risks?

1. How is Corona COVID-19 transmitted?

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-background-information/wuhan-novel-coronavirus-epidemiology-virology-and-clinical-features#:~:text=According%20to%20current%20evidence%2C,droplets%20and%20contact%20routes.>

The transmission of COVID-19 is thought to occur

- **Mainly through respiratory droplets** generated by coughing and sneezing,
- and through **contact with contaminated surfaces.**

The predominant modes of transmission are assumed to be droplet and contact. Noting that 'COVID-19 does not spread easily from surfaces.'

2. Recognising the symptoms.

COVID -19 has a range of symptoms. More common symptoms are fever, a new and continuous cough, shortness of breath, fatigue, loss of appetite, anosmia (loss of smell) and ageusia (loss of taste).

- The **incubation period** is from 1 to 14 days (median 5 days).
- Similar to SARS, most patients will not be infectious until the onset of symptoms.
- From international data, the balance of evidence is that most people will have sufficiently reduced infectivity 7 days after the onset of symptoms.

Squirrel Cottage Corona COVID-19 Measures

How can COVID -19 get in to Squirrel Cottage?

The only people with access to Squirrel Cottage are ourselves when cleaning and changing over, plus the guests.

Based on this information:-

First neither ourselves, nor any guests displaying COVID -19 symptoms (see above) are to go in to Squirrel Cottage.

- We ask guests NOT to travel if they have any of the COVID -19 symptoms.
- Likewise we will notify you if either of us have any of the COVID -19 symptoms.
- If symptoms develop during a guests stay, please notify us – we will likewise notify guests (who are currently staying) and those who are booked to stay, as soon as we are aware of any possible COVID -19 local outbreaks.

- **Please turn over>>>>**

Second we will maintain Social distancing rules with guests during their stay.

Thirdly how we will prepare Squirrel Cottage for you:-

Cleaning - Recognising that COVID-19 does not spread easily from surfaces.

- We will sterilise our hands whenever we enter and leave Squirrel Cottage.
- We will clean all surfaces in Squirrel Cottage thoroughly. Including high contact areas such as door handles, controls for the TV, oven, microwave, dishwasher, washing machine etc
- There will be a 2 hour time period between the time we are in the cottage and the guests can move in. Ensuring the potential surface contamination transmission is further reduced.
- Entry will be from 5pm, ensuring we comply with the above.

Change over linen -

- All linen, sheets, towels, hand cloths etc – will be freshly laundered as always.
- In addition to this we will
 - Change pillows plus the inner covers each week – rotating the pillows so they remain out of use after each set of guests for the recommended 3 days minimum, (it will likely be 7 days in practice, as we have weekly lets).
 - Bed mattress protection cover will be removed and rotated (similar to the pillows above) between each set of guests
 - The duvet – will be similarly rotated as the pillows (described above).
- **Important** - Guests are welcome to bring their own pillows and duvets. We will of course supply you fresh pillow cases and duvet covers for use on arrival. **PLEASE** advise us, in advance of your arrival, if you are doing this, so we can make the bed up accordingly.
- **NOTE**:- Usually we supply spare pillows in the cupboard for those who require them. With the above measures, we will not be able to supply and spare pillows. We suggest you bring your own if two pillows are not sufficient.

Entering – we ask our Squirrel Cottage guests on entering Squirrel Cottage:-

- To carry out hand sterilised. Whenever you enter from having been away from the cottage. This further reduces what is already a low risk of spreading COVID-19 via surface contact.

Departure - We ask Squirrel Cottage guests:-

- At the end of your stay – can you please
 - Strip your bed and put all bed linen on the floor
 - Leave all windows open (to allow the air to circulate).

In conclusion.

By carrying out these actions, we believe this will minimise the risk of COVID-19 contaminating Squirrel Cottage for the benefit of our guests and ourselves.

We welcome feedback – If you feel we can do anything differently, to ensure your and our own safety, please let us know.