

Help Us Help You - A proactive approach

In light of recent updates relating to the Coronavirus (COVID-19) in the UK, here at Heacham Manor we are ensuring we do everything we can to aid in the prevention of the spread and would appreciate your help to achieve this wherever possible.

We have added in some additional measures on park to assist in the NHS campaign of:

‘Catch It’
‘Bin It’
‘Kill It’

Help stop germs spreading

CATCH IT - Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT - Germs can live for several hours on tissues. Dispose of them as soon as possible

KILL IT - Hands can transfer germs to any surface you touch. Clean your hands as soon as you can

What can you expect on park?

- Additional alcohol Gel/Foam dispensers available in our outlets & at Reception
- Facial Tissues available in our outlets & Reception
- Additional Bin points available within the facilities

How can you help?

We would like to draw your attention to our terms and conditions in relation to infectious diseases and ask that you contact us before your arrival to discuss any concerns you might have.

Heacham Manor Hotel: 24. If you are suffering from a contagious or infectious disease which may be transmitted through the use of areas/facilities of the hotel, then you may not use those areas/facilities.

If you have been exposed to anyone with the coronavirus or have visited any of the countries stated as high-risk areas in the link below, please ensure you inform us before your arrival to park.

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#returning-travellers>

How to avoid catching or spreading coronavirus

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

As a precautionary measure we would like to share with you the current NHS advice on the Corona Virus or COVID-19 illness. However, this advice is being updated frequently and updates can be found using the following links to ensure you access the most up to date advice and guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>