



As we enter a time of uncertainty caused by the COVID-19 outbreak we are all feeling anxious about the challenging time ahead.

In the Prime Minister's press conference on Monday 16<sup>th</sup> March he stated that it was now time for everyone to stop non-essential contact with others to prevent further spread of the virus.

IFPA cannot tell members to stop practising, however our recommendation would be to restrict your working practice according to government guidelines and not provide face to face treatments to clients if they are at increased risk of severe illness from coronavirus, such as clients over 70, or those who have underlying health conditions or are pregnant. This group of individuals have been strongly advised to follow social distancing guidelines.

If you have come into contact with someone who is displaying symptoms of coronavirus, please follow government guidelines regarding self-isolation.

Please stay in touch with your clients, even if you are not seeing them. If they are vulnerable or lonely, they will really value having a conversation with someone they know and trust. You might even be able to offer some clients some tips over the phone, FaceTime, Skype, e-mail etc.

As you know hygiene is extremely important so please ensure you following the NHS guidelines on how and when to wash your hands.

We understand that restricting your practice will have many implications for our members, not least financial, however it extremely important that we all take the correct measures to protect everyone's health and wellbeing at this time.

IFPA would like to support our members during this difficult time and ask members to following the latest advice from the government and NHS. We have listed information links below for your information.

And please do not forget to take care of yourself!

**Useful Links: -**

Social Distancing –

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and->

[for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults](#)

Self-Isolation -

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

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Washing Your Hands -

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Information for the public-

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

Guidance issued by Public Health England -

<https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

NHS information and guidance –

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

On behalf of everyone at IFPA, we wish you continued good health at this challenging time.

**19<sup>th</sup> March 2020**