



#CovidSafetyPledge

5 ASKS – Actions for people who are restricting their daily activities because of infection concerns

Not everyone is able to 'get back to normal', not anyone should, given the current rate of infection. With every infection there is an increased risk of developing long term disability and life impacting ill health and there are many hundreds of thousands of people who have health conditions that could be extremely dangerous if they are infected by Covid-19.

The following is to support and prevent infections for those of us who continue to be extremely concerned about being infected by Covid-19 and other diseases. *It is a list of reasonable actions you can ask a service you use, to provide i.e. a shop or health provider. **There is more information on our website at <https://covidpledge.uk/> and please share any responses on our twitter page: <https://twitter.com/covidpledge> or by email info@covidpledge.uk***

Covid Safety Pledge – 5 asks

As someone whose health could be dangerously affected if I am infected by Covid-19 and other infectious diseases, and/or I am extremely worried about developing long term ill health or disabilities, I would like to ask you to:

1. Improve the ventilation/ air filtration on your premises to help prevent airborne viruses and other air pollutants from circulating.
2. To continue to encourage people who attend your premises to wear FFP2/3 masks and in particular to encourage members of staff who deal with members of the public to wear masks.
3. Put up notices to tell people that you are supporting the Covid Safety Pledge and continuing to prevent infections on your premises.
4. Make appointments where people who are vulnerable and have to attend in person, early in the day.
5. To include an option for either deliveries to, or appointments, to be held in people's homes.