

How do we keep the BCA safe during the Covid-19 outbreak?

To keep everyone safe, the BCA follows guidelines issued by the RIVM, the Government of the Netherlands, and the Buddhist Union of the Netherlands. Please play your part in reducing risk by observing the following rules:

- **Before coming to the BCA:**
 - Register for your activity. There can only be a maximum of 6 people in the BCA at any one time. As a result, you must register in advance for many of our activities. Please see the website description of the activity for information on how to do this.
 - Do not attend if you have symptoms of Covid-19. If you, or someone in your household, have cold-like symptoms– such as fever, coughing, or other respiratory problems – then please do not come to the BCA.
 - Do not attend if you have been in contact with someone who has Covid-19. If you have doubts about this it is best to stay at home.
 - We kindly ask you to wear a face mask when you enter and leave the buddhist centre.
- **When you arrive at the BCA:**
 - Sanitise your hands upon entry using the gel provided.
 - Be prepared to answer questions about your health.
- **While you are at the BCA:** Posters from the RIVM explaining recommended public health practices are displayed in the BCA. Please observe their recommendations:
 - Cough in your elbow
 - Use paper tissues to blow your nose
 - Do not shake hands
 - Maintain a 1.5m distance at all times
 - Bring your own drinks.
 - Consider wearing a mask and/or gloves.
 - After using the toilet or washing your hands, clean the surfaces you have touched, including the door handle and lock, toilet flush button, toilet seat, and tap.