

## **Good practice recommendations for dancers**

- Regularly wash your hands with soap and water or use a hand sanitiser
- Keep your hands and fingers away from your eyes, nose and mouth
- Catch any coughs and sneezes in a tissue which you then bin immediately and wash your hands

Anyone suffering cold symptoms should consider whether it's appropriate to join their weekly class

**Should you have any further concerns please follow the latest [NHS Scotland](#) recommendations.**

