Fuso Danse Studios

# STUDIO FAQs

How we can help prevent the spread of COVID-19

# 1 Can I Attend Classes?

Exercise has always been a great way to release stress, anxiety and maintain a healthy physical and mental state.

If you are able to, you can attend in studio classes provided the following procedures are followed:

- Complete Pre-Dance Questionnaire before your first in studio class.
- Arrive 15min before class for screening
- Wear a mask or face covering at all times (face shields are not permitted).
- Wash / sanitise hands as often as possible.
- Keep a min 2-3m social distance & keep within demarcated areas.
- Should you suddenly feel ill, inform the instructor immediately.
- Stay home is you feel unwell even if symptoms are mild.

# 2 What are the symptoms of Covid 19

There are a number of symptoms ranging from common to serious. Here's what to look out for:

### The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Tiredness
- Difficulty breathing or shortness of breath

### Less common symptoms include

- Diarrhoea
- Aches and Pains, Headache
- Loss of taste or smell, Sore Throat
- Conjunctivitis

### Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an on area with ongoing spread of COVID-19

# Am I at risk for catching COVID-19?

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You are more likely to catch COVID-19 if you:

- are 60 years of age and over
- have a long-term medical condition, such as heart disease, lung disease, diabetes, cancer or high blood pressure are immunosuppressed or have a weak immune system

If you fall under any of these categories, please let your instructor know and be extra careful if you attend classes. Try and attend virtual classes where available.

# How do I Quarantine?

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If you are suspected of, or have tested positive for, Covid 19 you must quarantine yourself for min 10 days. Medical clearance will be required before returning to the studio.
Here's a quick look at how to stay quarantined safely:

Stay at home. Only go out for medical supplies

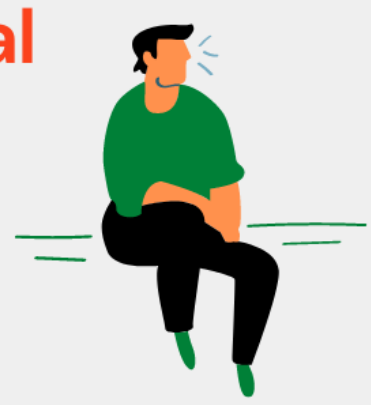
Wash your hands with soap and water. Practice good Hygiene.

Check your internal temperature twice a day.

Stay in a specific room & have people bring items to you.

Watch for other symptoms (difficutly breathing, fatigue, etc).

Practice social distancing and wear a mask



Call your doctor or hospital before visiting.

# 5 Wearing a mask correctly is important to stop the spread of the virus.

STAY SAFE

PROTECT SOUTH AFRICA

# Following these guidelines, let's help #StopTheSpread together.

COVID-19

Online Resource & News Portal

SAcoronavirus.co.za

health
Department:
Health
REPUBLIC OF SOUTH AFRICA

2030 NDP

Emergency Hotline: 0800 029 999

WhatsApp Support Line: 0600-123456