**As I am sure you will understand, I am unable to see any clients if you have symptoms of COVID-19, have been in contact with someone with symptoms in the last 14 days, or have received a letter to inform you that you are in a high-risk category. Symptoms include:  
  
1) a high temperature –this means you feel hot to touch on your chest or back (you do   
  not need to measure your temperature)   
2) a new, continuous cough –this means coughing a lot for more than an hour, or 3 or  
  more coughing episodes in 24 hours (if you usually have a cough, it may be worse than   
  usual)  
3) change or loss of taste or smell**

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