

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization. People with mild symptoms who are otherwise healthy should manage their symptoms at home. On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days. We ask that you stay home and cancel your Pilates session if you are experiencing any of the below symptoms, or if you have been in contact with someone that tested positive for Covid-19. Thanks so much for understanding.

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Most common symptoms:

fever

dry cough

tiredness

Less common symptoms:

aches and pains

sore throat

diarrhoea

conjunctivitis

headache

loss of taste or smell

a rash on skin, or discolouration of fingers or toes

Serious symptoms:

difficulty breathing or shortness of breath

chest pain or pressure

loss of speech or movement

Seek immediate medical attention if you have serious symptoms.

ATTENTION: To attend a Pilates session with Leslie Timms and Peak with Pilates, you will be entering a personal home studio in which residents do not wear masks in the home. Please be respectful of the residents and customers of Peak with Pilates by staying home if you are sick or showing symptoms of Covid 19. Please sign to release that you are not currently experiencing symptoms of Covid 19, that you have not been exposed to someone with Covid 19 and that you are comfortable entering a personal residence in which the inhabitants are often unmasked.

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_