

Comments on Covid 19 vaccination

The leaflet from the NHS explains the advantages: (see link below for full details)

5 reasons why you should have the COVID-19 vaccine:

- 1) It's the best protection against serious COVID-19 infection.
- 2) It's an important way to help stop the virus from spreading.
- 3) You're helping to lessen the risk of virus variants developing.
- 4) You're helping to protect not just yourself, but also your family, friends & community.
- 5) The quicker you have the vaccine, the quicker we can get back to normality.

https://www.lawsonpractice.nhs.uk/website/F84096/files/Should%20%20have%20the%20COVID-19%20vaccine_.pdf

RSCDS Glasgow Branch considered the risks involved in returning to dancing and provided an 'Information to the dancer' paper.

See Full details here <https://web-cdn.org/s/128/file/covid-and-RA/Covid-guidance-return-to-dancing.pdf>