

CLIENTS PREVENTION GUIDE FOR COVID-19



LIST OF RESTAURANTS IN PARADA DE SIL

IF YOU WANT TO HAVE LUNCH IN A RESTAURANT, IT IS IMPORTANT TO BOOK PREVIOUSLY

Restaurante Parada de Sil - Phone. +34 988 20 81 89
Restaurante O Curtiñeiro - Phone. +34 988 20 82 37
Restaurante Casa Mercedes - Phone. +34 988 20 82 48
Restaurante Casa Pepe - Phone. +34 988 20 80 16
Restaurante Rectoral Parada de Sil- Phone. +34 988 20 82 32 / +34 660 20 92 33
Restaurante O Balcón da Ribeira - Phone. +34 988 20 82 39

YOU MUST BOOK FOR 14:20/14: 30 AND BE AT THE MEETING POINT AT 15:50 TO CONTINUE THE TOUR. It is important to adhere to schedules.

BEFORE STARTING AN ACTIVITY



BE ON TIME

Please be at the meeting point at least **15 minutes before** the time indicated in the booking. In order to start the route on time and be able to maintain the regular schedule of the activity.



HYGIENE AND SAFETY

Avoid greeting with physical contact. **Be provided with** hand sanitizing gel and **masks**, to be used when a **safety distance** of at least 2 meters cannot be maintained.



ACCESS CONTROL

Reservations will be verified by electronic means, the **rules to be followed will be shared** and where appropriate also explained how to access the means of transport.

LOOK FOR A GUIDE, BUS OR VAN
WITH THIS LOGO



IMPORTANT CONSIDERATIONS DURING OUR ACTIVITIES



FOLLOW INSTRUCTIONS AND RULES

The protocols and instructions **of the staff** must be followed at all times, **as well as those of all the partners** in each of the activities and the rules of the tourist destination itself.



MASKS AND SOCIAL DISTANCE

Of **obligatory** use in the means of transport, when indicated by the staff or partners and whenever the safety distance of 2 meters cannot be maintained.



HYGIENE OF HANDS AND BELONGINGS

Wash your hands **frequently** or use disinfecting solutions. Wash them before putting on or after removing the mask, before entering a means of transport, an establishment, starting an activity or when instructed by staff or partners. Frequently **disinfect objects of personal use**.



PERSONAL CARE

Avoid touching your eyes, nose or mouth, since the hands facilitate the transmission, also when gloves or mask are used. **Cover your airways** with a disposable tissue, with the forearm **when coughing or sneezing**, and discard it. Avoid sharing materials or products for individual use (water bottles, telephones, brochures or papers, etc.).



AVOID TOUCHING ELEMENTS

During activities avoid touching panels, railings, wastebaskets or similar items **that are not for individual use**. If so, proceed to hand hygiene.



WASTE

Respect the environment, depositing the waste generated in the containers or litter bins enabled. In the case of **personal hygiene waste**, ask staff or partners where to dispose of such waste.

* Symptoms of COVID-19 (Tel: +34 900 400 116)

More common: fever, dry cough and tiredness.

Less common: aches and pains, sore throat, diarrhea, conjunctivitis, headache, loss of sense of smell or taste, skin rashes, or loss of color in fingers or toes.

Serious: shortness of breath or feeling of shortness of breath, chest pain or pressure, inability to speak or move.