



10 March 2020

## CORONAVIRUS (COVID19) PRECAUTIONS

U3A Network NSW is assessing advice on how U3As might best minimise potential risks to our members from the Coronavirus (COVID-19) outbreak that originated in Wuhan in China. While the risk from human-to-human transmission in Australia is currently low, U3As Committees and members share a duty of one and other, to act in a manner that is caring and supportive and as such Network considers it appropriate to recommend some prudent and practical precautions, outlined below.

### **An Awareness:**

Both the Australian and NSW Government are publishing on their websites information that is updated daily, at least

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

Facebook users can like and follow NSW Health, on their [Facebook feed](#) for regular updates.

Globally The World Health Organisation website <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

The situation is constantly evolving the committee and members should be encouraged to closely monitor. Task a committee member to be the focus of your U3A's response.

### **Attendance at Courses**

Members should be advised before attending courses or classes.

- 1) If they have travelled recently from China, Italy Iran or other countries with infection outbreaks, they should self-isolate at home for two weeks afterwards.
- 2) If they have upper respiratory symptoms - fever, cough, sneezing, sore throat – they should avoid classes until the nature of their illness is clear and they no longer have such symptoms.

### **Venues including Home based Courses**

- 1) Update your protocols for venues to ensure the venue remains a safe environment for courses while the current situation continues.
- 2) Ensure adequate hand washing facilities, soaps hand sanitizers are available for the predicted attendance. It may be that the U3A will need to provide those facilities.
- 3) Commercial venues have an obligation to provide a safe environment and a facility fit for purpose. This requirement should be brought to their notice.
- 4) Monitor the site before and during the course attendance.
- 5) Ensure the cleanliness of the site including contact surfaces.
- 6) Consider placing signs at venues as to Hand washing/ Contact/ Attendance. These are available from the websites quoted and now commercially.
- 7) Have good hygiene at food and drink dispensing areas.
- 8) Consider members bringing their own tea and coffee cups/ mugs.

### **Everyone's Personal Conduct**

- 1) It is the personal responsibility of members to see to their own health, and morally to those with whom they connect.
- 2) As with a normal flu season minimise or avoid hand-shaking, friendly hugs and kissing.
- 3) Wash hands regularly with appropriate sanitisers or soap and water. Carry a personal sanitiser pack and avoid touching your face if possible.
- 4) Follow other good practice cover mouth and nose with a tissue when you cough or sneeze and dispose in a rubbish bin immediately.