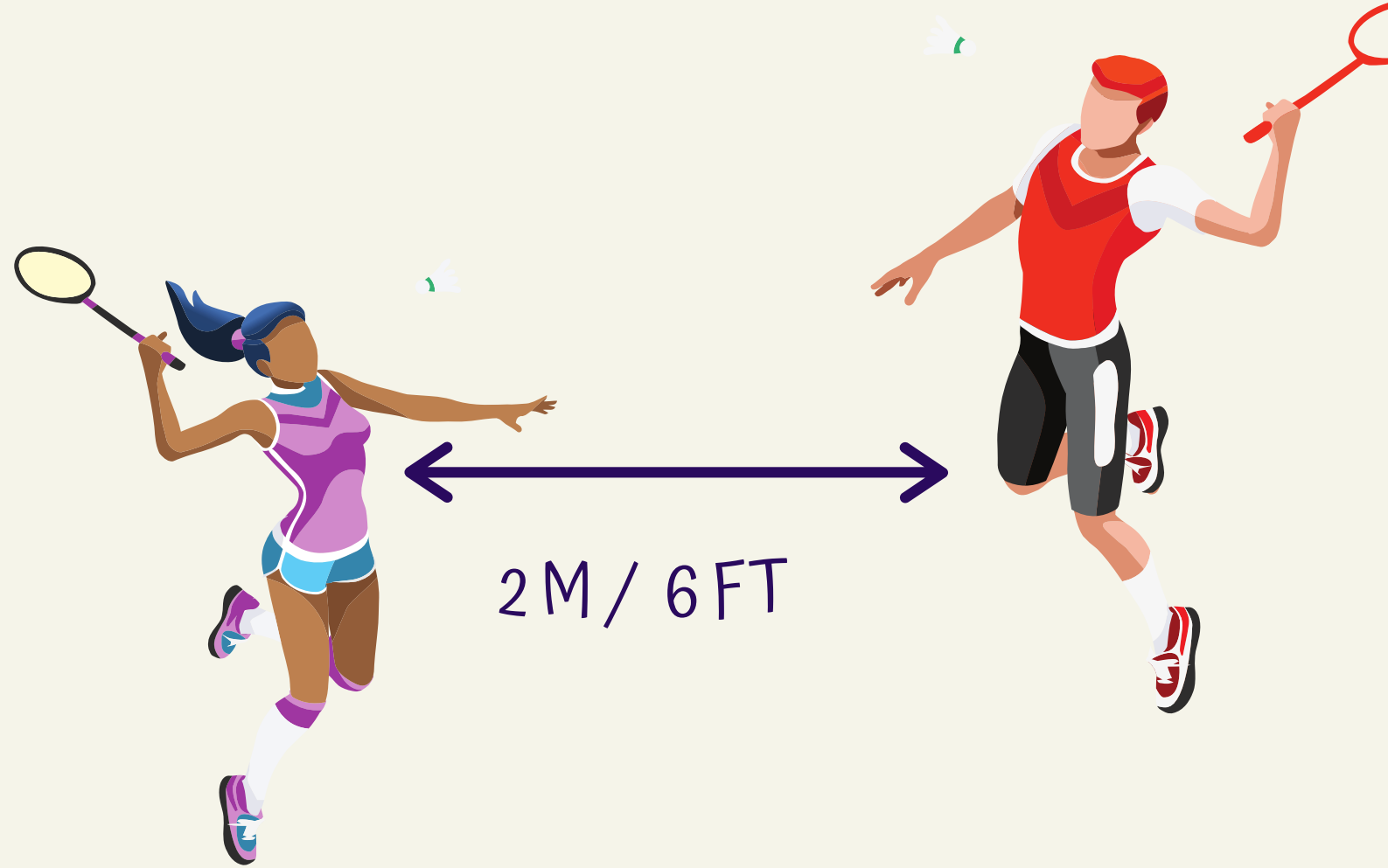


STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

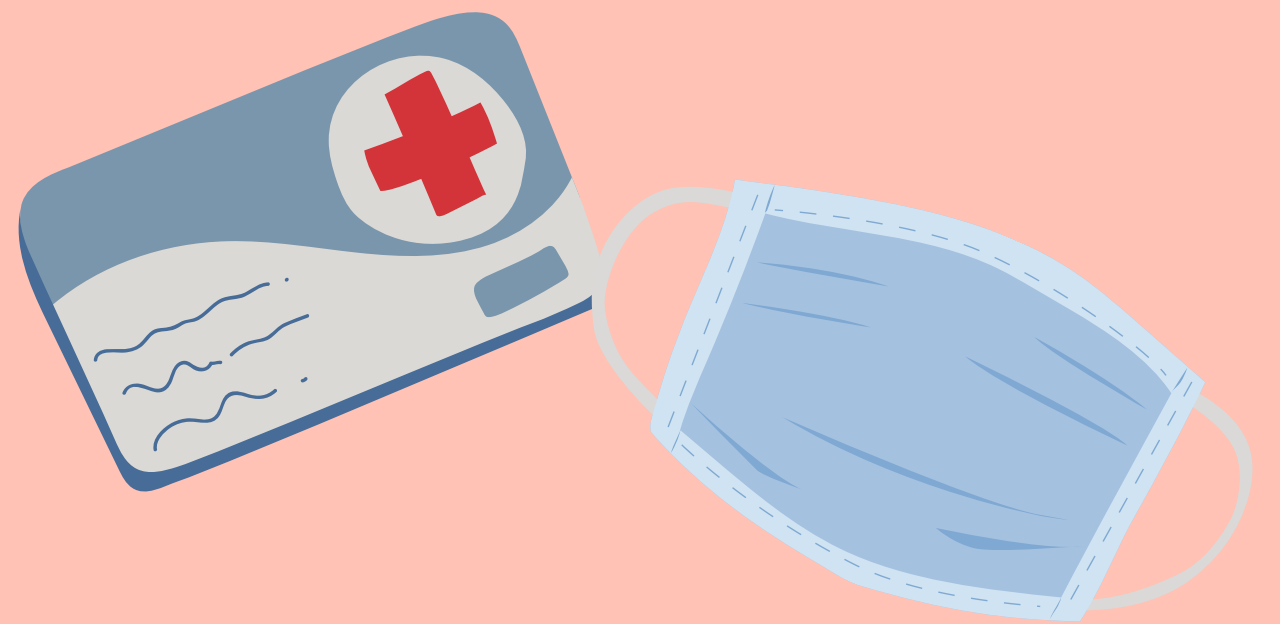


MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters (6 feet) distance between yourself and anyone outside of your family

STAY HOME IF YOU:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have flu-like symptoms or are feeling unwell.
- A continuous high temperature
- A loss of taste or smell
- A new continuous cough
- Live with a person over 70 years of age or a person who is considered vulnerable.



IF YOU BEGIN TO SHOW SYMPTOMS:

Inform the Club's Covid-19 officer and begin the NHS Track, Trace, Protect Process.