

Coronavirus tips for using the grounds

We have a risk of contamination via the front gate.

On entering/leaving the grounds – please wash your hands with the sanitiser located to the gate and/or your own wipes. - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. **Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing - Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. **Why?** When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease

Practice respiratory hygiene - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. **Why?** Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

The infographic features a blue background with white and yellow text. On the left, it states: 'To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.' On the right, it asks: 'How should I greet another person to avoid catching the new coronavirus?' Below the text are four illustrations: a woman with her hands clasped in a prayer-like gesture, a man with his hands clasped, a doctor in a white coat with a stethoscope, and a woman waving. At the bottom left is the WHO logo and the text 'World Health Organization #Coronavirus #COVID19'. At the bottom right is the date '9 March 2020'.

ENJOY YOUR RIDING AT PRARG AND BE RESPONSIBLE.

PLEASE EMAIL prarginc81@bigpond.com when you use the grounds so we can keep a record.