

SSFRA COVID19 Manual

Symptoms:

Members should be aware of the symptoms:

Symptoms of COVID-19 include

- fever (37.5 ° or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste.

Other reported symptoms include

- fatigue
- runny nose
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

How COVID-19 is spread:


Human coronaviruses are spread from someone infected with COVID-19, to other people in close contact:

- through contaminated droplets spread by coughing or sneezing, or
- by contact with contaminated hands, surfaces or objects.

When COVID-19 symptoms appear:

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID-19 should [self-isolate](#) for 14 days.

You should prevent the spread of viruses, by keeping your [hands clean](#) , not touching your face and [keeping your distance](#) from other people.

[GuideForCleaning\(hands clean\)](#)

Where to get tested:

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>

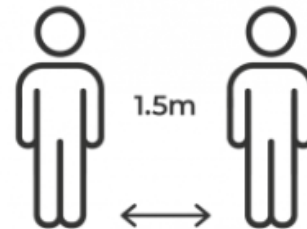
Physical Distancing:

Physical distancing means reducing the close physical contact we have with one another and staying 1.5 metres away from other people where possible.

People living in the same household do not need to be 1.5 metres from each other.

Premises should consider how they can allow customers or groups of customers to practice physical distancing in their [COVID-19 Safety Plans](#).

For community safety, encourage physical distancing



Reducing the Risk of Infection:

Combined with [good personal hygiene](#), physical distancing can help keep us all safe and protect [vulnerable people in our community](#).

Take these important steps to keep yourself and others safe.

- Wash your hands often and thoroughly with soap and water or an alcohol-based hand sanitiser.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Keep a distance of 1.5 metres between yourself and other people.
- Do not shake hands, hug or kiss as a greeting.
- Get a [seasonal flu shot](#) [↗](#).
- Avoid visiting [vulnerable people](#), such as those in aged care facilities or hospitals, infants, or people with compromised immune systems.
- If possible, use debit and credit cards instead of cash and make use of online and self-serve transactions.
- If you do have [symptoms](#), [get tested](#) and [stay at home](#).

Conditions of entry to Bates Drive Hall:

- You must not have any of the symptoms of COVID-19 listed above
- You must sign the Entry register and provide a contact phone number
- You must sanitise your hands using the gel provided
- You must leave the premises as soon as possible, after completion of tasks
- No more than 20 people in the Main hall at any one time
- No more than 3 people in the Equipment/Meeting room at any one time
- When in Main hall or surrounds remember to keep socially distant
- Optionally, if you are indoors and have a face mask, wear it for extra protection



Latest health advice on face masks

On 2 August 2020, NSW Chief Health Officer Dr Kerry Chant strongly recommended wearing a face mask:

- if it is hard to maintain 1.5 metres of physical distance from others
- on public transport
- in supermarkets and shops
- in places of worship
- in indoor venues with a higher risk of transmission, where practical
- if working in cafes, restaurants, pubs and clubs and other venues with a higher risk of transmission.

Wearing a face mask in any of these settings is not mandatory but is highly recommended, especially in areas where there has been community transmission.

[Types of face mask and how to wear a mask correctly.](#)

FaceMask Link:

<https://www.nsw.gov.au/covid-19/face-masks>

The COVID-19 Safe App:

Contact tracing is important the link below contains information about the app

[Download Coronavirus \(COVID-19\) – Here's what you need to know about the new COVIDSafe app as PDF - 271 KB , 2 pages](#)