



WELLNESS GUIDELINES

Players are asked not to attend any session if they are infectious

Purpose:

To provide an enjoyable, healthy and safe environment for all players

Individual members are the best judge of what's best for them. If you're sick or not feeling well you are encouraged to make an informed decision whether to play bridge at the club. Consider not only your health but the risk to all others playing for 3 to 4 hours in a confined space.

How long are people infectious?

- People with flu can be infectious from the day before their symptoms start.
- Adults are **most** infectious in the first 3-5 days of their illness.
- Young children and people with weakened immune systems may be infectious for longer.

Practice good hygiene

Flu is mostly spread by droplets made when people with flu cough or sneeze. It can also be spread by touching a surface or object that virus droplets have landed on from an infected person. e.g. cards, bridgemate

- Avoid others who are sick.
- Stay at home when sick.
- Cover coughs and sneezes.
- Clean hands regularly with hand sanitiser or soap and running water for 20 seconds.
- If you are sick, avoid touching your eyes, nose and mouth.

- If you do need to leave home when you are sick, wear a mask and avoid contact with people at higher risk of severe illness.

Rockhampton Committee

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reference NSW Health Influenza Fact Sheet