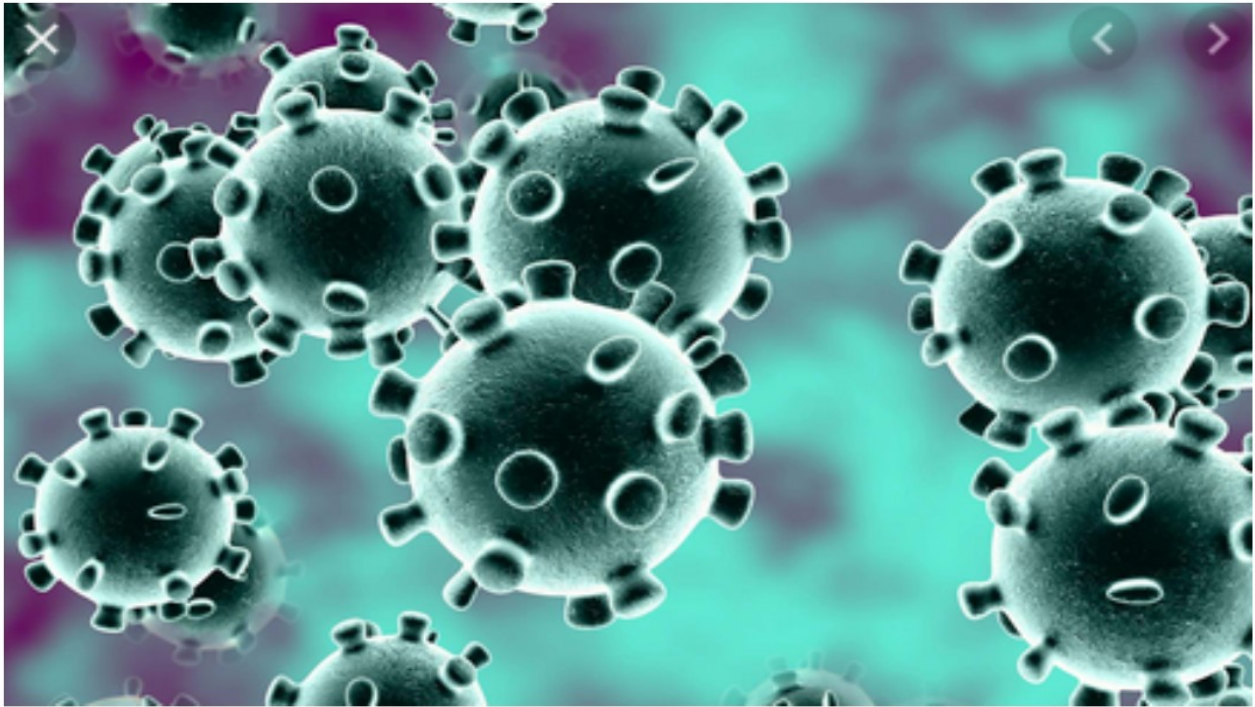


Coronavirus – COvid19 — Precautions



SIMPLE PRECAUTIONS TO PREVENT THE SPREAD OF CORONAVIRUS (COVID19)

1. Wash hands regularly with appropriate sanitisers or soap and water. Carry a personal sanitiser pack, and avoid touching your face if possible.
2. Members who have travelled recently from China, or other countries with infection outbreaks, should self-isolate at home for two weeks afterwards.
3. People with upper respiratory symptoms - fever, cough, sneezing, sore throat - should avoid classes until the nature of their illness is clear and they no longer have such symptoms.

By following these simple precautions, you will further minimise the already very low chances of contracting this disease.

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