

# IMPORTANT HEALTH INFORMATION

## CORONAVIRUS (COVID-19)

INFORMATION FOR OUR WA FOOTBALL COMMUNITY

# STOP THE SPREAD



- Do you have a fever or cough
- Let the club know if you are feeling unwell with flu like symptoms
- Seek medical advice from your GP
- Please stay away from the football club if unwell



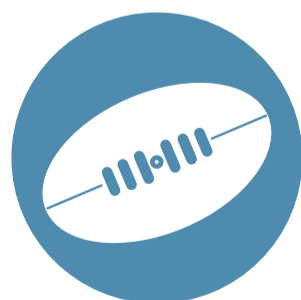
- Wash hands regularly with soap and water for 20-seconds
- Use alcohol based hand sanitiser
- Cover coughs and sneezes



- Avoid contact with others: kissing hello, hugging, high fives and hand shaking
- Avoid touching your eyes, nose or mouth
- Avoid contact with sick people by maintaining a distance of 1.5m
- Clubs should be increasing cleaning of surfaces (handles, light switches etc)



- Don't spit at training session or in game
- Bring your own water bottle to training and don't share with others
- Disinfect your water bottle regularly



- Eat a balanced diet, stay hydrated, exercise
- Get quality rest
- Ensure mouth guards are stored appropriately
- Disinfect mouth guards regularly