

SNSW

Personal Hygiene Best Practices

What are the best ways to prevent the spread of viruses at home and at the pool?

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses. We advise that all members and associated persons continue to observe the following advice, both at the pool and otherwise:

- **Wash hands frequently** with soap and water, after coughing or sneezing, before and after eating, and after going to the toilet.
- **Cover coughs and sneezes** with a tissue or by coughing/sneezing into your elbow.
- **Dispose of used tissues immediately**
- **Use alcohol-based hand sanitiser***.
- **Avoid unnecessary contact with others** through touching, kissing, hugging, handshaking and other intimate contact.
- **Avoid touching your eyes, nose or mouth.**
- **Do not share drink bottles or food.**

* Hand sanitiser will be available for use at all SNSW events but we recommend that each member/ Club/ Aquatic Centre be responsible for providing their own supply.

If a member has a cough/cold but hasn't had any contact with a potentially-infected person, should they still come to training/ competition?

No. As per normal advice, your child should not attend training or competition related activities, until they are well. If they have a cough, cold or flu symptoms, they need to rest and recover at home. If you are concerned about your child's health, please see your doctor.

Where can I find the latest health information on COVID-19?

The Department of Health has posted several publications here:

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

The World Health Organisation's advice for the public can be found here:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

The Australian Government has a dedicated COVID-19 Health Information Line, which operates 24 hours a day, seven days a week: 1800 020 080