

16/03/2019

To all members and guest,

The management at Windaroo Lakes considers your health and safety to be the most important matter to us. As this is the case we want to ensure you that we are taking all precautionary measures to make sure your experience with us is as safe as possible. We are monitoring the COVID-19 situation closely.

It is imperative that Members exercise caution when they come to the Club, and particularly in their contact with other Members.

- If you are symptomatic - even if you 'know' it is just a cold, **please stay away**.
- If you have travelled overseas in the last two weeks, as of midnight on Sunday March 15, you are now required by law to self isolate for 14 days. **Please stay away**.
- If in the 14 days prior to Sunday, March 15 – you have recently returned from or transited through China, Iran, Italy, Japan, Mongolia or South Korea **please stay away** for 14 days.

Although we do not believe there is any reason to panic, it's clear that the Coronavirus (COVID-19) is spreading globally, especially over the past six weeks. It's important that we take measures to reduce the spread of the virus and to ensure the safety of our communities, particularly the elderly and those with a low immune system.

After reviewing our current cleaning standards, the following precautionary measures are being introduced:

1. Hand sanitiser will available for you to use around the club once order arrives.
2. Increased cleaning of the club, with tables, bar top, door handles etc being wiped down regularly throughout the day
3. Disinfectant all food areas multiple times per day.
4. Disinfectant all bars multiple times per day.
5. All plates and cutlery is washed at 80 degrees
6. All glasses are washed at 80 degrees.

We appreciate your co-operation in keeping the club to top hygiene conditions and ask if you can please be conscious of your own health and managing the spread of any germs.

Information

- The simplest way to distinguish Coronavirus from a Common Cold is that the COVID-19 infection does not cause a cold nose or cough with cold, but it does create a dry and rough cough.
- The virus is typically first installed in the throat causing inflammation and a feeling of dryness. This symptom can last between 3 and 4 days.
- The virus typically then travels through the moisture present in the airways, goes down to the trachea and installs in the lungs, causing pneumonia that lasts about 5 or 6 days.

- Pneumonia manifests with a high fever and difficulty breathing. The Common Cold is not accompanied, but there may be a choking sensation. In this case, the doctor should be called immediately.

Prevention:

- The virus hates heat and dies if it is exposed to temperatures greater than 80F (27C). Therefore hot drinks such as infusions, broths or simply hot water should be consumed abundantly during the day. These hot liquids kill the virus and are easy to ingest.
- Avoid drinking ice water or drinks with ice cubes.
- Ensure that your mouth and throat are always wet, never DRY. You should drink a sip of water at least every 15 minutes. WHY? Even when the virus enters water or other liquids through the mouth, it will get flushed through the oesophagus directly into the stomach where gastric acids destroy the virus. If there is not enough water, the virus can pass into the trachea and from there to the lungs, where it is very dangerous.
- For those who can, sunbathe. The Sun's UV rays kill the virus and the vitamin D is good for you.
- The Coronavirus has a large size (diameter of 400-500 nanometers) so face masks can stop it, no special face masks are needed in daily life.
- If an infected person sneezes near us, stay 10 feet (3.3 meters) away to allow the virus fall to the ground and prevent it from falling on you.
- When the virus is on hard surfaces, it survives about 12 hours, therefore when hard surfaces such as doors, appliances, railings, etc. are touched, hands should be washed thoroughly and/or disinfected with alcoholic gel.
- The virus can live nested in clothes and tissues between 6 and 12 hours. Common detergents can kill it. Things that cannot be washed should be exposed to the Sun and the virus will die.
- The transmission of the virus usually occurs by direct infection, touching fabrics, tissues or materials on which the virus is present.
- Washing your hands is essential.
- The virus survives on our hands for only about 10 minutes. In that time many things can happen, rubbing the eyes, touching the nose or lips. This allows the virus to enter your throat. Therefore, for your good and the good of all, wash your hands very often and disinfect them.
- You can gargle with disinfectant solutions (i.e. Listerine or Hydrogen Peroxide) that eliminate or minimize the amount of virus that can enter the throat. Doing so removes the virus before it goes down to the trachea and then to the lungs.
- Disinfect things touched often: cellphone, keyboard, mouse, car steering wheel, door handles, etc
- We will prioritise these types of communication given the COVID-19 circumstances.
- No hugging or hand shaking
- Use your gloved hand when raking bunkers and holding flag stick

More information <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

We look forward to continuing to provide our customers with great service and excellent outcomes in the weeks and months ahead.

Kind regards

Windaroo Lakes