



THE UNIVERSITY OF THE THIRD AGE

Hervey Bay

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 ANY overseas location should self-isolate at home for two weeks on their return to Australia.**
- 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.**

Please also read these advisory documents:

[Novel coronavirus \(2019-nCov\), Qld Government](#)

[Coronavirus \(COVID-19\), Australian Government](#)

[Australian Health Sector Emergency Response Plan for Novel Coronavirus \(COVID-19\)](#)

U3A is a self-help community, and individuals do need to be self-reliant, take personal responsibility and keep informed. Members need to be conscious of the potential spread of the infection in the community, and take precautions in all interactions with others, including when on public transport.

The global situation is still evolving and we will update this advice as circumstances warrant.