

NPA community care Covid-19 Coronavirus pandemic

Let's change the way we interact
to help protect ourselves and our community.

Personal Hygiene

*Minimise your risk of infection and
minimise the risk of spreading the virus*



Wash hands often

- Wash your hands often with soap and water (for at least 20 seconds)
- Rewash hands after touching public surfaces (such as trains, handrails, bus or toilet)
- Rewash hands after sneezing or coughing
- When soap and water not available, use hand sanitiser with at least 60% alcohol

Cover every cough & sneeze

- Cover your sneezes & coughs (with your elbow or tissue)
- Dispose of tissues as soon as possible (use a plastic bag until you can dispose of them)

Avoid touching your face

- Eyes, mouth, nose are vulnerable to infection (wash hands before touching face)

Do not share food or water

- Carry plenty of water and food.
- No shared cakes or other food during the pandemic.

Self Isolation

*Limit the spread.
Isolate if you are potentially contagious.
Protect those who are vulnerable.*



Travel limits

- No overseas travel
- No visit very remote communities (as per government advice)

Do not join an activity if you:

- are required to self-isolate (eg due to overseas travel or known exposure)
- have any flu-like symptoms (fever, cough, shortness of breath, chills, body aches, sore throat, headache or runny nose)
- suspect you are infected or are awaiting test results.
- are a vulnerable person. (Keep up to date NSW Health updates on who is vulnerable. In unsure seek your doctor's advice.)

Leader isolation

- Some leaders will decide that leading is too high risk for them.
- Consider asking other leaders to undertake your planned activities where possible.

Be prepared for significant changes

- All aspects of our society are adjusting.
- You are encouraged to help all members put their health first. If leaders wish to cancel then we need to support them in their decision.
- The program will be suspended if the government issues such advice.

Consider walking with friends

- If moving towards social isolation and wanting to avoid larger groups of unknown people, consider organising your own walks outside of the NPA.
<https://www.nationalparks.nsw.gov.au/>
<http://www.wildwalks.com/>

Social Distancing

*Reduce the spread of the virus.
Physically distant, but socially connected*



Avoid physical contact

- Keep about 1.5 metres from other people
- Avoid physical contact (nod or bow instead of handshake)
- Create extra space from people sneezing/coughing
- On narrow bush tracks, step off the track to let other people pass

Minimise public transport

- Minimise time on public transport (walk locally)
- Avoid touching surfaces with hands

Minimise car sharing

- Keep all car-sharing rides less than 1 hour
- Maintain physical separation of people in the car (only two people in a three-person bench seat)

'No touch' sign-in process

- Leader will ask ONE person to record the participants' names on sign-in sheet
- The standard waiver will be read out so that people understand the risks
- Record contact details for non-members
- Leaders to email a photo of sign-in sheet to operations@npansw.org.au within 24hrs

Reduced group sizes

- Limit groups to a maximum of 20 (The limit will change with government advice)
- Leaders may set limits lower (such as 5 or 10)

Indoor meetings

- Run video or phone meetings where possible
- Limit to 20 NPA members (no public meetings during the pandemic)
- Limit to 1 hour
- Provide 1.5 m space between seats

Avoid shared accommodation

- Do not use group accommodation for sleeping (such as huts or youth hostels)
- Do not share a tent or bedroom (unless you normally cohabit with that person)

Contact Tracing

The NPA will contact and advise people if we become aware of exposure



If you are diagnosed with Covid-19

- Notify the NPA if you are diagnosed within three weeks of participating in an NPA activity, or if otherwise advised by your doctor.
Email: operations@npansw.org.au
Phone: (02) 9299 0000

Leaders to email sign in forms

- Leaders to email a photo of sign in sheet to operations@npansw.org.au within 24hrs
- Continue to archive forms as per normal

NPA will contact people potentially exposed

- NPA will use sign-in sheets to contact anyone we know who may have been exposed to Covid-19
- NPA will endeavour to protect diagnosed members' privacy as we contact other participants