

The Box Hill RSL Sub-Branch must plan to ensure its core business of supporting veterans can continue while the nation deals with the impact of the COVID-19 virus.

We are in the process of installing fixed hand sanitiser dispensers around the venue for our members and guests to use, we will continue to monitor the COVID-19 situation and will keep you informed.

This message outlines the processes in place to ensure consistency of information, as well as updated health information, to help us all to manage potential virus impact. Your health and wellbeing is important. If you are unwell, consult your health provider and follow their advice.

### **What is it?**

There is currently a global outbreak of Coronavirus Disease-19 (COVID-19). There are many known coronaviruses in humans and animals including some viruses that cause the common cold. This disease is caused by a novel virus that was first detected in Wuhan, China in December 2019 and belongs to the same virus family as SARS and MERS.

While the vast majority of people (>80%) are not expected to experience severe illness, there are some members of the community who will be more vulnerable to severe illness. We need to protect them and minimise the burden on the health system. Although work is underway globally, there is currently no available vaccine to prevent COVID-19 nor are there proven standardised antiviral treatments specifically effective against the virus. Trials of antiviral treatments are underway around the world.

### **What are the symptoms, and how is it spread?**

The most commonly reported symptoms of COVID-19 are fever, cough, fatigue and shortness of breath. The main driver of transmission, based on currently available data, are people who have symptoms.

We know that COVID-19 can spread through direct contact and droplet means. That means we need to prevent contact with those who have the disease, and protect ourselves from the droplets or secretions that arise when someone coughs or sneezes.

### **What can I do to prevent spread?**

The most important preventive strategies are simple social and hygiene behaviours which will also protect against other communicable diseases such as influenza. It is everyone's responsibility to minimise health risks to ourselves and our community. Below are some specific tips:

- Wash your hands frequently with soap and water, especially before and after eating, and after going to the toilet. Make sure hands are dried well afterwards.
- Alcohol based hand rub may also be used if there are no washing facilities and the hands are not visibly soiled.
- Cough or sneeze into a disposable tissue, and dispose of it, or cover with the crook of your elbow, then wash hands or use alcohol-based hand sanitiser.
- Avoid unnecessary contact with others: touching, shaking hands, kissing, hugging, and other intimate contact.
- Avoid touching your face with unwashed hands.

In addition, the Box Hill RSL Sub-Branch Committee & Management is monitoring the local impacts of COVID-19 on a regular basis as the situation develops. We expect this oversight will be required for several months. We are reviewing upcoming commemorative events and will provide advice if changes to schedule are required.

**Where can I get more information?**

There is a large amount of misinformation circulating on social media.

Seek information from credible sources such as the [Department of Health](#) website which provides COVID-19 guidance and related training package.

Anyone considering international travel should consult [Smartraveller](#).

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President