

Important Coronavirus Notice



Issued 10 March 2020

The outbreak of coronavirus (COVID-19) in mainland China has now spread to other parts of the world including Australia, where the first cases of human-to-human transfer of the virus have occurred.

This notice services as advice to all participants, clubs, associations and branches of Football NSW.

To avoid any risk of transfer, Health authorities advise that as a precaution Australians should reassess how they greet people on a day-to-day basis. Football NSW further recommends that participants reassess how they can minimise contact with other participants in and around the football field.

How is the coronavirus spread?

The coronavirus is spread from someone with confirmed coronavirus to other close contacts with that person through contaminated droplets spread by coughing or sneezing, or by contact with contaminated hands, surfaces or objects.

The time between when a person is exposed to the virus and when symptoms first appear is typically 5 to 6 days, although may range from 2 to 14 days. For this reason, people who might have been in contact with a confirmed case are being asked to self-isolate for 14 days.

Most coronavirus cases appear to be spread from people who have symptoms. A small number of people may have been infectious before their symptoms developed.

Symptoms may include fever, cough, runny nose, shortness of breath and other symptoms. In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

How to help prevent the spread of coronavirus?

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash hands frequently with soap and water for 20 seconds (or use an alcohol-based hand sanitiser), before and after eating, and after going to the toilet;
- practice coughing/sneezing etiquette (keep away from other people, cover their nose and mouth when coughing and sneezing with tissue or a flexed elbow, dispose of tissues thoroughly, wash hands or use an alcohol-based hand sanitiser);
- avoid close contact with anyone with cold or flu-like symptoms; and
- if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

Participating in Football

If any players, officials, team officials, committee members or other participants have:

- visited or transited through mainland China, Iran or South Korea in the previous 14 days;
- visited another country at risk of coronavirus in the previous 14 days (e.g. Cambodia, Hong Kong, Indonesia, Italy, Japan, Thailand and Singapore); or

- been in close contact of a confirmed case of coronavirus,

they must:

- self isolate themselves for 14 days from the day they departed the relevant country;
- self isolate themselves for 14 days after the date of last contact with the confirmed case; and
- monitor themselves for symptoms.

What does isolate in your home mean?

People who need to isolate must stay at home and not attend public places, including work, sport clubs, school, childcare or public areas of university, higher education and vocational education campuses. Only people you usually live with should stay in the home.

If sharing a home with others, you should stay in a different room from other people or be separated as much as possible. You should wear a surgical mask when in the same room as another person, and when seeking medical care. Use a separate bathroom, if available.

Make sure you do not share a room with people who are at risk of severe disease, such as elderly people and those who have heart, lung or kidney conditions, and diabetes.

Visitors who do not have an essential need to be in your home should not visit while people are isolating.

If you need groceries or medicines (including prescription medicines), ask a family member or friend (who is not in isolation) to deliver them to your home or shop for groceries online. To prevent infecting other people, make sure you wear a mask when receiving a delivery or have the groceries left at your door.

More information about home isolation is available for:

- [people suspected or confirmed to have COVID-19 infection](#); and
- [close contacts and recently returned travellers from mainland China, Iran or South Korea](#).

What if someone develops symptoms?

Symptoms include fever, cough, sore throat, fatigue, shortness of breath and other symptoms. In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

If you develop severe symptoms and it is a medical emergency (e.g. shortness of breath at rest or difficulty breathing), you should phone **000**. Tell the ambulance staff that you are in home isolation for coronavirus.

If the symptoms are less serious, you should phone your GP or the local emergency department to arrange for a medical assessment. When you have an appointment, you should travel directly to the medical centre or emergency department and wear a surgical mask.

In the meantime, you must:

- isolate yourself from others at home and use a separate bathroom, if available;
- put on a surgical mask and if you don't have one, practise good sneeze/cough hygiene; and
- practise good hand hygiene.

More information

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

Further information is available from NSW Department of Health, call 1300 066 055.

If you have concerns about your health, speak to your doctor.

Important Links

- [NSW Health](#)
- [Australian Department of Health](#)
- [Coronavirus FAQs and Facts](#)

Football NSW will continue to monitor the situation and provide further information as it becomes available.

The information contained in this Notice is provided by way of guidance only and must not be taken as health or legal advice.