



**Deaf Sports Australia**  
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## **Coronavirus (COVID-19)**

As you know, there is serious local, national and international concern about the Coronavirus and the potential impact on your own health and wellbeing as well as family, friends and workplace.

Deaf Sport Australia would like to share information to our members to make sure you are aware of the concerns and how to take preventative action.

This also impacts on our sport activity locally, nationally and internationally.

### **General information**

We are sharing important information and website links to assist you.

The Australian Government has useful information about this Virus -

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Other States / Territories will have similar information.

### **Important Tips**

To remind ourselves how to keep healthy, follow these important tips:

- Wash hands often with soap and running water, for at least 20 seconds.
- Dry with paper towel or hand dryer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- Stay home if you feel sick. If you take medication make sure you have enough medicine.



- Phone your GP first if you need medical attention. They will tell you what to do.
- Continue healthy habits: exercise, drink water and get plenty of sleep.
- Don't wear a face mask if you are well.
- Buy an alcohol-based hand sanitiser with over 60 per cent alcohol. Please bring your own if you have some, able staff will bring some.
- Get the flu shot (available April).
- Shaking hands is optional!

### **Information in Auslan**

Expression Australia has a video in Auslan about Coronavirus:

<https://www.facebook.com/watch/?v=231341297906482>

### **Sport Activity participation (local, national and international)**

You can also get regular updates from Sport Australia / Australian Institute of Sport in relation to sport events:

<https://ais.gov.au/health-wellbeing/covid-19>

We know there are national and international Deaf Sport championships occurring during 2020. We are or will be contacting the organisers and teams to update them on new information and also share DSA's position on sport participation during this time.

We will keep you updated as we get more information.

Regards,

Phil Harper

General Manager

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