



St George and Sutherland Shire Table Tennis Association

Coronavirus

Dear All,

Please see below for the Australian Institute of Sport's Medical Update on the Novel Coronavirus.

Table Tennis Australia (TTA) has recommended that this advice is followed at a minimum. Please take care and stay healthy.

In addition, St George & Sutherland Shire Table Tennis Association also recommend the following:

If you have been in mainland China in the last 14 days, you must isolate yourself in your home for 14 days after leaving China:

During this time, please:

- **do not attend public places, in particular work, school, childcare, university or our table tennis pennants**
- **wear a surgical mask if you're in the same room with other people and if you're seeking medical advice**
- **phone Healthdirect: 1800 022 222 if you become unwell.**

To maintain hygiene at our table tennis locations at HALC and St Marks Church:

- Wash your hands with soap as often as possible
- Do not wipe your hands on the table
- Avoid shaking hands or slapping hands at the end of the match
- Bring a towel to wipe off your sweat

28 January 2020

To: Athletes, Coaches and Support Staff

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MEDICAL UPDATE – Novel Coronavirus 2019 and sporting activity

There is currently a lot of discussion regarding the emergence of a new virus, known as **Novel Coronavirus 2019 (2019-nCoV)**, which originated in the Hubei Province in China. Human to human transmission has been acknowledged inside of China. A small number of cases have been diagnosed in Australia, all of which have been contracted in China.

Coronaviruses are a large family of viruses that are known to cause illness ranging from common cold symptoms to more severe disease such as Severe Acute Respiratory Syndrome (SARS). They are found worldwide in both humans and animals.

2019-nCoV is a new strain that has not been previously identified in humans. The mode of transmission is not fully understood. Spread is thought to be from coughing, sneezing or direct contact with respiratory secretions from an infected person. The incubation period – time from exposure to the virus to when symptoms appear – ranges from 2 to 14 days.

There is no vaccine against coronaviruses. Treatment involves medical assessment to guide medications aimed at settling the symptoms, similar to any flu-like illness.

For those who are not unwell and have no symptoms of fever, shortness of breath or cough, there is currently no recommendation to refrain from normal activities. The risk of becoming unwell with 2019-nCoV without a history of travel to China in the last 14 days is very low. As a result there are no restrictions on Australians attending sporting events or large public events.

Anyone planning travel to China should carefully reconsider and make a decision made on an individual case basis consistent with the current travel warnings the Australian Government (<https://www.smarttraveller.gov.au/destinations/asia/china>)

The disease is being very closely monitored by Health Authorities around the world. The medical advice is evolving and subject to change. Any significant updates or precautions will be distributed promptly.

RECOMMENDATIONS

You should avoid training and seek review by a medical practitioner as soon as possible, by calling ahead if:

1. You have in the last 14 days travelled to China or been in direct contact with a known or suspected case of Novo Coronavirus 2019 **AND**
2. You have developed symptoms of fever, shortness of breath, cough or sore throat

While awaiting medical review, isolate yourself from training and other athletes and wear a face mask while in public.

If you do not have any symptoms, it is OK to continue normal training, travel, and competition.

If you have any concerns please contact a medical practitioner for advice.

Further information is available via:

- <https://www.health.nsw.gov.au/Infectious/alerts/Pages/default.aspx>
- <https://www.health.gov.au/resources/publications/novel-coronavirus-information-sheet-for-primary-and-community-health-workers>

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