



COVID, Colds, Flu, Viruses and Other Nasties!

As the weather turns and we move into winter COVID, coughs, colds and flu viruses are gearing up to attack so we must do everything we can to keep ourselves and others as safe as possible. We can do this by remembering the importance of good hygiene that will help prevent the spread of all these 'nasties'!

At CBSC we continue to have hand sanitisers readily available and we use sanitising sprays when wiping down tables and other surfaces in the Pavilion, on the Patio and in the Bowls Shed. If anyone would like to wear a face mask to help protect themselves and others that's fine.

So, whilst you no longer have to test for COVID-19, if you have COVID, Cold or Flu symptoms or any other respiratory infection, please be considerate of others who might be more vulnerable.

If you do *test COVID-19 positive*, please remember the Government UK advice is still to:

- o Try to stay at home and avoid contact with other people for 3 days after the day the test was taken if you or your child are under 18 years old – children and young people tend to be infectious to other people for less time than adults.
- o Try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over.
- o Avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, **for 10 days after the day you took your test.**

For those with respiratory issues the Easy Read document may be of interest and can be found on the following link: [Living safely with respiratory infections, including COVID-19 \(easy read\)](#)