



41 Club
EX-ROUND TABLERS

The Portuguese AGM scheduled for 20-22 March has been postponed/cancelled.

At present Cardiff Conference is continuing as planned. The conference team are managing the situation and will inform members in the event of developments accordingly.

Keep Safe

Dear Member,

It's a funny one this as we are fully aware that you are receiving such advice from many quarters and that you are all (nearly all!) very sensible people, but on the other hand we still thought you would want to know that the National Board is not "asleep at the wheel" and is monitoring the situation as much as you are. Accordingly we thought it appropriate to put this together for your benefit.

Stay safe everyone.

Yours in Continued
Friendship,

Don Mullane

Guidance to Members

As the Corona (or CoVid-19 to give it its proper name) virus continues to escalate, in common with other bodies we are issuing the following urgent guidance above and beyond that issued by Public Health England and equivalent bodies in other parts of the UK and the Irish Republic. This is due to the main age demographic of our membership being in a significantly higher risk group.

COVID-19 more severely affects older people (65+) and those with pre-existing medical conditions (such as high blood pressure, heart disease or diabetes).

If you **or a family member** are showing signs of illness, please do not attend your Club meetings and follow the guidance below.

We recommend that members consider refraining from actual physical contact with one another.

Wash hands thoroughly before and after meetings for 20 seconds with hot water.

Any member who feels unwell should follow the advice from the various public health websites. If a member is known to have been infected with CoVid-19, then it is standard policy for the relevant Health Authority to contact all those with whom he has been in contact.

If you are worried about a fellow member please keep in contact with them via the phone and text to keep an eye on their wellbeing.

Keeping yourself and your family safe

Your questions answered:

Q: How long does the Coronavirus survive on surfaces?

A: It is not certain how long the virus that causes CoVid-19 survives on surfaces but it seems to behave like other coronaviruses. It may persist on surfaces for a few hours or up to several days. So please ensure you wash your hands with soap and hot water for 20 seconds (singing Happy Birthday twice) – especially after using public transport.

Q: I am showing symptoms of the virus, what should I do?

A: If you are worried you are showing symptoms of the Coronavirus please contact the appropriate public health authority. In general it is recommended that you do not go to a GP surgery, pharmacy or hospital as this risks spreading the virus.

Q: How long is the incubation period for COVID-19?

A: The incubation period means the time between catching the virus and showing symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days; most commonly around five days.

Q. I have been asked to self-isolate, what steps should I follow?

A: Please follow the link below if you have been asked to self-isolate for further advice and guidance: <https://tinyurl.com/41selfisolate>

<https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>

As always, the welfare of our members is paramount. We encourage all members to follow this guidance and keep up-to-date with developments from the public health authorities as they are issued.

The following sound advice was circulated by 41 International in their latest newsletter.

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



 **Throw tissue into closed bin immediately after use**

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



 **If you have fever, cough and difficulty breathing seek medical care early** and share previous travel history with your health care provider



Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



STAY HEALTHY WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough



Frequently clean hands by using alcohol-based hand rub or soap and water



Avoid touching eyes, nose or mouth



STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have a fever and cough



If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with animals that are sick



STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing
**cover mouth and nose with
flexed elbow or tissue – throw
tissue away immediately and
wash hands**



If you choose to wear a face mask, be
sure to **cover mouth and nose -
avoid touching mask once it's on**



**Immediately discard single-use mask
after each use and wash hands after
removing masks**

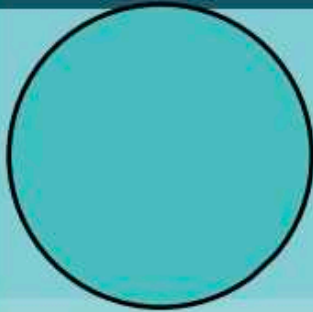


World Health
Organization



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Helping children cope with stress during the 2019-nCoV outbreak



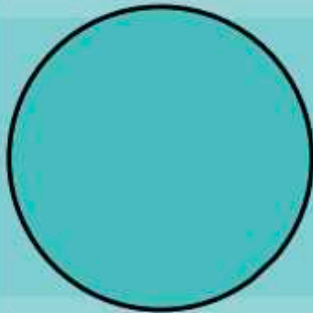
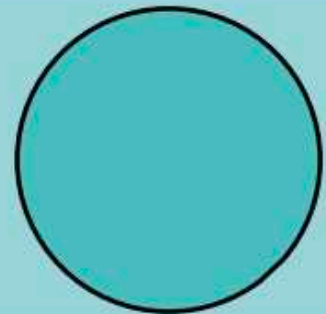
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

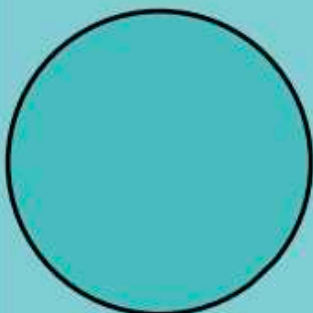
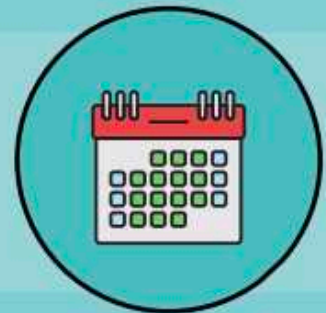
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



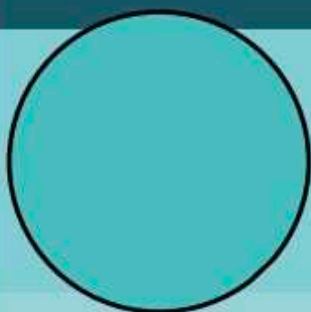
Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



World Health Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

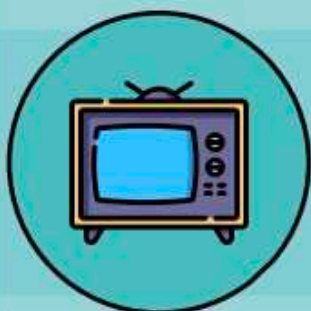
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

