



## HELP US ALL STAY HEALTHY THIS VIRUS SEASON

A guideline for good hygiene in bridge sessions

Minimise the chance of infection from colds, influenza or the corona virus



**WASH YOUR HANDS FREQUENTLY AND THOROUGHLY**

USE SOAP AND SCRUB FOR AT LEAST 20 SECONDS ESPECIALLY AFTER GOING TO THE TOILET

**WASH YOUR HANDS PRIOR TO AND AFTER EVERY SESSION THAT YOU ATTEND**



**USE THE HAND SANITISER PROVIDED**



**AVOID TOUCHING YOUR EYES, NOSE AND MOUTH**

**AVOID SHAKING HANDS, HUGGING OR KISSING**



**COUGH OR SNEEZE INTO THE CROOK OF YOUR ELBOW RATHER THAN INTO YOUR HAND**



**STAY HOME WHEN YOU ARE SICK. SNIFFLES AND COUGHS ARE NOT WELCOME AT THE BRIDGE TABLE**



**ANY CHANCE YOU HAVE BEEN NEAR SOMEONE WHO IS INFECTED? SELF ISOLATE FOR TWO WEEKS THEN WE WILL WELCOME YOU BACK**