



# ROYAL MALTA YACHT CLUB

**Notice to members and students:**

**11<sup>th</sup> March 2020**

The COVID-19 infection is transmitted by people carrying the virus. The disease can be spread from person to person through respiratory droplets expelled from the nose or mouth when a person coughs or sneezes.

These droplets can persist for a few hours on objects or surfaces around the person in question. An infection with COVID-19 can occur if you touch these objects or surfaces and then touch your eyes, nose or mouth. COVID-19 can also be contracted by inhaling droplets from a sick person who has just coughed or sneezed. It is important to keep a distance of more than two meters from a sick person and to respect basic hygiene measures. Members and their guests and students with flu like symptoms are directed to stay away from the club until fully recovered.

**Government has just announced a mandatory quarantine for any person including persons in the same household who have arrived from Italy in the last 14 days, and as from today from Germany, Switzerland, France and Spain If you or any person in your household has recently travelled to the below areas, you are obliged to self-quarantine for 14 days. Fines of €1000 per occurrence will be applied**

- Italy Including Sicily.
- Germany
- Switzerland
- France
- Spain
- China (including Hong Kong)
- Singapore
- Japan
- Iran
- South Korea

## **Precautions:**

To protect yourself and others from infection practice good hand and respiratory hygiene:

1. Wash your hands with soap and water for at least 20 seconds, and if not available, use alcohol-based hand disinfectant.
2. Cover your nose and mouth with a tissue or inner side of flexed elbow when coughing or sneezing.
3. DO NOT sneeze or cough into your hands as you may contaminate objects or people that you touch.
4. Dispose of used tissues immediately in bins; **DO NOT** leave tissues running around.
5. Avoid touching your eyes, nose and mouth before washing your hands.
6. Keep a one metre distance when talking to someone who is sick.

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