



CLRG

COVID-19 UPDATES & HEALTH ADVISORY

10th MARCH, 2020

CLRG UPDATE ON THE WORLD CHAMPIONSHIPS As of today, March 10th 2020, we have no new official news to share. We are committed to informing the Irish Dancing community about any new developments, so please check back regularly.

We are monitoring the spread of the COVID-19 virus and are in communications with the HSE in Ireland. CLRG and its representatives take the health and safety of our community very seriously.

Please follow the advice of your local health authority and refer to the dedicated HSE site for information about the state of COVID-19 in Ireland: <https://www2.hse.ie/conditions/coronavirus/coronavirus.html>.

We have also pasted helpful information below from the WHO website – or [click here to view](#) and download information and public posters.

Plan of action:

Our delegates are meeting regularly and in constant discussion about how to proceed. We anticipate an official update before the weekend of March 14-15 2020.

Proactive measures for everyday and for Irish Dance gatherings:

While many public events are indeed being cancelled around the world, in many places people are carrying on with daily life: People are attending their place of business, students are in school, individuals are frequenting restaurants, shops, and travelling. Irish Dancing classes continue to happen in most areas of the world, and we would like to ask teachers and parents to take preventative action to keep our dancers healthy.

Please read and share the following reminders attached.

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HELPFUL ADVICE FOR DANCING CLASSES / FEISEANNA

Please read the boxed information below provided from the World Health Organization site. Here are some suggestions to consider in regards to Irish Dancing Classes and events

HAND WASHING teachers should create opportunities for dancers to wash hands frequently, for 30 seconds or more and avoid touching door handles and other hard surfaces after hand washing. Make a policy that dancers must wash hands before and after each class, and during if there has been any sneezing, coughing, or contact with mucus membranes.

TEACHERS please be extra aware of germ/virus transmission if you are running Ceili practices or show numbers, where dancers are holding hands. Consider having a no-contact rule. Also teachers and parents watch for dancers putting hands near their faces after holding hands with others or touching door handles, phones, and other hard surfaces.

HAND SANITISERS: ensure hand sanitiser wipes or liquid is available in all classes and common areas. Provide this if possible for dancers arriving at class and leaving, and for parents waiting in the foyer.

CLEANING: Please consider wiping down door handles, hard surfaces, sinks, tissue dispensers, and musical equipment often with anti-bacterial wipes or a bleach and water solution to disinfect. Do not re-use rags, use disposable wipes or paper towel.

CONTACT: Avoid hugging, handshakes or direct physical contact between dancers, teachers and parents.

CROWDS: If you are attending a feis or a show, please limit the number of people in the audience to what is absolutely necessary. Consider keeping very young children at home, as well as anyone with compromised immunity, the elderly, or anyone who has been to any of the infected areas or who may have been in contact with someone who is sick.

ATTENDANCE: If you feel in any way ill, have a temperature, fever, cough or sneezing please tell dancers and parents to NOT ATTEND any class, performance, or Feis. Do not attend a dance-out at a seniors home or school with young children if you are at risk or have been exposed.

AFFECTED AREAS, OR SYMPTOMS If you have any symptoms, or if you have been to any of the affected areas or near anyone that has been exposed in the last few weeks please seek immediate attention from your local health authority and do what you can to isolate yourself in the event you might spread the illness.

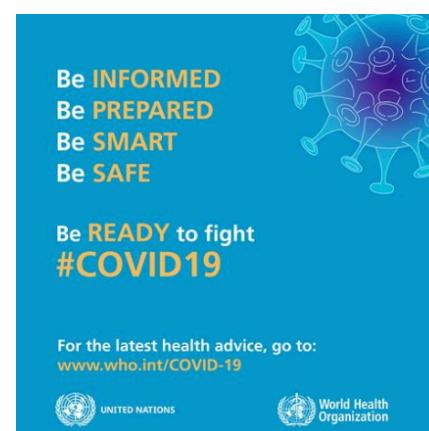
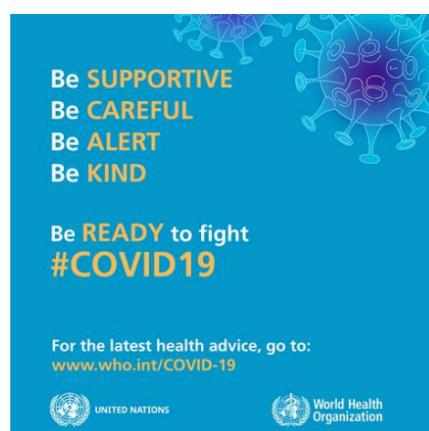
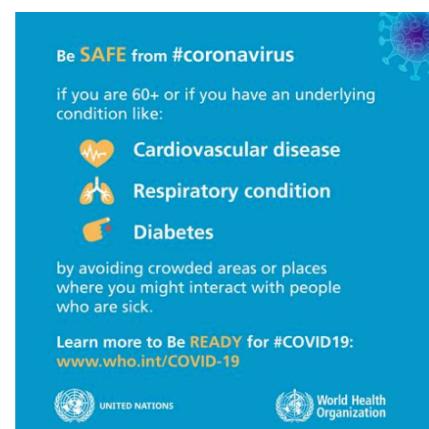
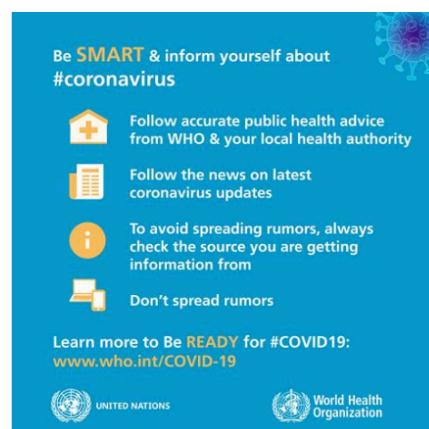
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FROM THE WORLD HEALTH ORGANIZATION:

[Click here to see the info on their website and watch for updates.](#)

TEACHERS & EVENT ORGANIZERS: PLEASE PRINT AND POST THESE IN YOUR STUDIOS / VENUES.

Full sized downloads available on the WHO website, link just above.



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No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.



Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?

9 March 2020

World Health Organization #Coronavirus #COVID19

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.



How should I greet another person to avoid catching the new coronavirus?

9 March 2020

World Health Organization #Coronavirus #COVID19

FROM THE W.H.O. Basic protective measures against the new coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

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Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

Follow the guidance outlined above.

Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. **Why?** Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. **Why?** Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.