

Macquarie Singers Incorporate Coronavirus & Having a Healthy Rehearsal

You would be aware there has been a recent increase in confirmed cases of COVID-19 internationally and within Australia, so it is important that we follow the best advice for our choir rehearsals.

We need to ensure we all take the necessary precautions to stop the spread of the virus and exercise good hygiene which can help prevent infection. **If you are feeling unwell please do not come to rehearsals.** The symptoms include fever, cough, shortness of breath, sore throat, runny nose or other symptoms of respiratory infection. These are also common symptoms of colds and flu but it is best if we choose not to come until we are free of symptoms. If you do sneeze or cough, the advice is to sneeze into your elbow rather than your hand. If you have any concerns please see your doctor.

Please let us know if medical or government authorities require you to self-isolate, so we can take this into consideration as an extenuating circumstance under our attendance policy.

MUS will ensure there is soap in the toilets and hand sanitiser available as you arrive at Trinity Chapel. It would be helpful if you had your own supply as well. I'm sure we are all aware of the advice to wash with soap and water for 20 seconds. We are advised to not shake hands or kiss and hug, which is a lovely way to greet but a smile will have to do for now!

Michael Young, a former chorister has written to us after having been in China and then self-quarantined back in Australia, checking his own temperature regularly. He suggests:

Take a packet of tissues with you if you go out - press a lift button (or open a door) with a tissue over your fingers, then ditch the tissue. Do the same with anything you need to make contact with. Baby wipes can give your phone a quick wipe over from time to time, as well as your hands if no soap/water/sanitizer is handy.

I have been regularly checking the advice on <https://www.healthdirect.gov.au/coronavirus> and the updates sent by Macquarie University Vice-Chancellor <https://www.mq.edu.au/about/coronavirus-faqs>.

For non-urgent health advice

If you require any non-urgent health advice, you can call Australia's national **healthdirect helpline** at any time on **1800 022 222** for free advice and reassurance. The helpline is a 24-hour telephone health advice line that operates seven days a week. It is staffed by registered nurses who provide expert health advice.

Janet Stacey
president@mus.org.au