



Dear participants, third-party providers and funders,

IMPORTANT PROGRAM UPDATE REGARDING CORONA VIRUS (COVID-19) THURSDAY 12 MARCH

As a valued ARLF program stakeholder, I'd like to personally update you on the evolving 2019 novel coronavirus (COVID-19) situation, and the precautions we're taking in regards to ARLF program activity underway or being planned across Australia and overseas.

While the overall risk in Australia of contracting COVID-19 in the community remains low, we're taking a number of steps to manage the risk for all involved. The ARLF has updated our program agenda, material and activities to ensure we have minimized the risks to our participants, staff and third-party providers.

All program participants will be briefed by the Program Manager about the specific precautions that have been undertaken to mitigate risks on the program. This will be delivered face to face at the commencement of the program.

We are confident in the delivery of our programs and are closely monitoring the guidance of the [Australian Government Department of Health , Centre for Disease Control](#) , [NSW Department of Health](#) and other state based health authorities regarding the spread of the virus.

We ask that as responsible citizens we all take sensible precautions, maintain perspective and informed understanding as we prepare for any eventuality and change program plans accordingly.

Measures to prevent entry of the viruses into programs

As per Government guidelines, the following mandatory exclusions currently apply:

- Anyone with a confirmed case of COVID-19 must not attend an ARLF program until medically cleared to return
- Do not attend an ARLF program for at least 14 days if you have been in, departed from, or transited through mainland China (excluding Macau and Taiwan), Iran, Italy or South Korea in the last 14 days. The advice is that you should also self-isolate yourself from others for 14 days from the day you departed China, Iran or South Korea and monitor yourself for symptoms.
- If you have travelled (including transit) through any of the countries listed on the [Australian Government website](#) in the past 14 days you should self-monitor for symptoms, practice social distancing (see below) and immediately isolate yourself if you become unwell.

- If you have recently been in close contact with someone (such as a family member) who has visited (or transited through) the places above you should self-monitor for symptoms, practice social distancing and immediately isolate yourself if you become unwell.

Hygiene measures to inhibit the spread of the virus and other illnesses

To mitigate and manage virus risk it is expected that all participants will observe the following:

- Do not attend if they have a pre-existing condition that will compromise their immunity or possible implications of infection; underlying cancer, heart disease, etc.
- Be mindful of covering coughs and sneezes with elbows rather than hands
- Practise minimising hand contact with their eyes, nose, mouth and face;
- Avoid sharing food and drink
- Keep hydrated, well-nourished and to seek good sleep; and
- Bring supplies of hand sanitizer that has at least 60 -70% alcohol content
- Read and follow the [CDC travel guidelines](#) prior to departure
- On arrival at the program, participate in a compulsory health check with ARLF staff prior to joining the group

Finally, it is important to be aware that if this virus becomes evident in an ARLF program group, participants may be required by the relevant health authority to be isolated for at least 14 days.

Please be assured that our executive leadership team is meeting regularly and will provide program-specific updates as required.

Please direct any questions or concerns directly to the Program Manager or to the ARLF on (02) 6281-0680.

Matt Linnegar

Chief Executive

Australian Rural Leadership Foundation