

What YOU
can do

RDA 
COVID-19

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COVID-19 (Coronavirus) can affect anyone.

We need to work together to prevent the spread of this new virus.

Help us to keep RDA as safe a place to be as possible for everyone, by following these **5 simple steps** to stop passing on germs, and protect yourself and other people from becoming ill.



1

WASH YOUR HANDS! Thoroughly and often as you can, with soap and water or an alcohol-based hand sanitiser. Always use disposable paper towels and place them in a bin straight away (or bring your own towel, which you should never share).

2

KEEP YOUR DISTANCE Maintain social distancing. Stay at least 2 metres away from other people, both indoors and outside. Make sure you are aware of and understand the Social Distancing Zones put in place for safety, at your RDA venue.

3

AVOID TOUCHING your eyes, mouth, nose and face, or any shared surfaces, such as hand rails, chairs, door handles, work surfaces. Don't share cups, plates etc. Always sanitise all equipment and tack between every participant, and each session, with equine-safe products.

4

IF YOU HAVE TO SNEEZE OR COUGH turn away from others and cover your mouth and nose with a disposable tissue, or use your upper sleeves (not your hands!)

5

IF YOU HAVE SYMPTOMS such as a cough, fever (high temperature) or breathing problems, don't panic - but please **STAY AT HOME** and **DON'T** come to RDA. Call your doctor or NHS Direct (111) for advice. **If there is an emergency, call 999 immediately!**

VISIT WWW.NHS.UK TO FIND OUT MORE INFORMATION ABOUT THE CORONAVIRUS