

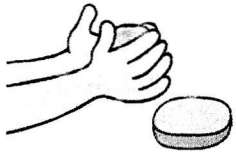
HELP US ALL STAY HEALTHY THIS WINTER

A guideline for good hygiene in bridge sessions

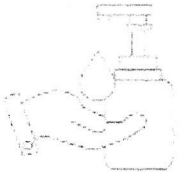


WASH YOUR HANDS FREQUENTLY AND THOROUGHLY

USE SOAP AND SCRUB FOR AT LEAST 20 SECONDS ESPECIALLY AFTER GOING TO THE TOILET



WASH YOUR HANDS PRIOR TO AND AFTER EVERY SESSION THAT YOU ATTEND



USE THE HAND SANITISER PROVIDED



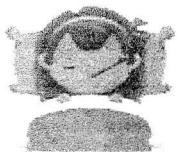
AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

AVOID SHAKING HANDS, HUGGING OR KISSING

Do not touch



COUGH OR SNEEZE INTO THE CROOK OF YOUR ELBOW RATHER THAN INTO YOUR HAND



STAY HOME WHEN YOU ARE SICK.

SNIFFLES AND COUGHS ARE NOT WELCOME AT THE BRIDGE TABLE.



ANY CHANCE YOU HAVE BEEN NEAR SOMEONE WHO IS INFECTED? SELF ISOLATE FOR TWO WEEKS THEN WE WILL WELCOME YOU BACK