



The health and safety of Burnaby Tennis Club is our priority. With the recent news around the coronavirus (COVID -19), we are taking action to help protect our membership by taking extra precautions in disinfecting common areas daily.

Take steps to protect yourself

CLEAN YOUR HANDS OFTEN

- WASH YOUR HANDS** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth** with unwashed hands.

AVOID CLOSE CONTACT

- Avoid close contact with people who are sick

Take steps to protect others

STAY HOME IF YOU ARE SICK!!











- If you are feeling sick and need to see a doctor, call 811 prior to contacting your health-care provider ahead of time so you can be safely assessed.

COVER COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Unfortunately, due to high demand, we are unable to refill the hand sanitizer in the bubble. Please use the clubhouse washrooms to wash your hands and the hand sanitizer located upstairs by the kitchen doorway.

The chart below helps assess your symptoms if you are feeling sick.

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention