

Dear Members and Night Owlers,

3 Nov 2022

At the October Board meeting, the Board developed a TBBC Policy regarding Covid. This Policy is in response to the continuing news that Covid is still with us and likely to spike in coming months with new strains emerging and also that three TBBC members tested positive recently and others have been close contacts. The TBBC Covid Policy is detailed below.

TBBC Covid Policy

Members should remain vigilant for Covid and those who test positive for Covid have an obligation to report this to the club as soon as possible despite the fact that since October 13th 2022 in SA there is no legal requirement to isolate. Until further notice, SA Health recommendations will be adopted by the club.

In summary, the current SA Health recommendations are that:

- Anyone with symptoms is encouraged to continue to get tested and *stay at home until symptoms have cleared (usually 5 to 7 days)*. Please note that you may be infectious for up to 10 days and are at your most infectious for the two days before symptoms start and until symptoms clear
- Getting tested when you have symptoms remains important and there is still a requirement that South Australians report their results online
- If you are Covid positive and you must leave the house then it is strongly recommended that you wear a mask when indoors or on public transport, not attend large gatherings and crowded indoor places and for AT LEAST seven days avoid people at high risk
- Close contacts should monitor for symptoms, get tested and stay at home until symptoms have cleared. They should also consider wearing a mask and avoiding visiting people at high risk.

The full details of the SA Health Policy can be found at <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/news+and+media/all+media+releases/covid+isolation+requirements+come+to+an+end>

Regards,

Vicki Feast, Board Chair

"Together we Achieve"

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