



Bushwalking & Covid-19

Help protect yourself and your community

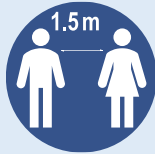
Personal Hygiene

- Wash hands (often)
- Cover when you cough & sneeze
- Do not touch your face
- Do not share food or water



Social Distancing

- Avoid physical contact (>1.5m)
- Minimise shared transport (<1 hr)
- Walk in small (household) groups
- Avoid indoor areas & no camping



Self Isolation

- Do not bushwalk if you:
- have flu like symptoms, or
 - are a Vulnerable person



The Details

Personal Hygiene

Minimise your risk of infection and minimise the risk of spreading the virus



Wash hands often

- Wash your hands often with soap and water for at least 20 seconds
- Rewash hands after touching public surfaces (such as trains, handrails, bus or toilet)
- Rewash hands after sneezing or coughing
- When soap and water not available, use hand sanitiser with at least 60% alcohol

Cover every cough & sneeze

- Cover your sneezes & coughs (with your elbow or tissue)
- Dispose of tissues as soon as possible (use a plastic bag until you can throw out)

Avoid touching your face

- Eyes, mouth, nose are vulnerable to infection (wash hands before touching face)

Do not share food or water

- Carry your own water and food, no sharing
- Many cafes and other services are closed

Walk locally

www.wildwalks.com

www.bushwalk.com

and your local National Parks Website

Always check park alerts, weather & fire danger before starting

Social Distancing

*Reduce the spread of the virus.
Physically distant, but socially connected*



Avoid physical contact

- Keep about 1.5 metres from other people
- Avoid physical contact (nod or bow instead of handshake)
- Avoid busy areas (If there are other people keep moving, popular lookouts are closed)
- Create extra space from people sneezing/coughing
- On narrow bush tracks, step off the track to let other people pass. Look to the side when talking to people

Minimise public transport & car sharing

- Avoid travel (walk locally)
- Avoid touching surfaces with hands
- Maintain physical separation of (only two people in a three-person seat)

Reduced group sizes

- Walk in smaller groups (4 is great). (limit to people in your household)

Avoid shared accommodation

- Avoid group accommodation for sleeping (such as hostels)
- No camping (Most campsites are now closed)

Self Isolation

*Limit the spread.
Isolate if you are potentially contagious.
Protect those who are vulnerable.*



Do not bushwalk if you:

- are required to self-isolate (eg due to overseas travel or known exposure)
- have any flu-like symptoms (fever, cough, shortness of breath, chills, body aches, sore throat, headache or runny nose)
- suspect you are infected or are awaiting test results
- are a vulnerable person. (Keep up to date NSW Health updates on who is vulnerable. In unsure seek your doctor's advice.)

Be prepared for significant changes

- All aspects of our society are adjusting
- Keep up to date with latest advice www.health.nsw.gov.au

This is general advice that will change as the pandemic unfolds
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Seek personal medical advice from www.health.nsw.gov.au and your doctor