



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)
- Reduced group sizes
- Avoid shared accommodation



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
- Opt for take away from cafes

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)
- Create extra space from people sneezing/coughing
- On narrow bush tracks, step off the track to let other people pass

Minimise public transport & car sharing

- Minimise time on public transport (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).

Avoid shared accommodation

- Avoid group accommodation for sleeping (such as huts or youth hostels)
- Avoid sharing a tent or bedroom (except with people you normally cohabitate)

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

To find your local bushwalks visit

www.wildwalks.com

www.bushwalk.com

and your local National Parks Website

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