



# PREVENTION OF COVID-19 CORONAVIRUS



## NEW PREVENTION PRACTICES



Wash your face and hands all the way up to your forearms both before, and after training.



Sanitizing spray will be placed in front of the mat to spray your feet before training.



After washing your hands use hand sanitizer available throughout the academy.



Dry your hands, use disposable paper towels only.



Only one person at a time to use the changing rooms. If possible, avoid changing and showering at the gym.



Avoid touching your eyes, nose and mouth at any time.



If you need to cough or sneeze, cover your nose and mouth with a tissue



Face masks are not required, but encouraged when off the mats.



Off the tatami, avoid being in groups.



Use your own personal water bottle. The water fountains will be turned off temporarily.



Don't share your personal use items.



Sleep well and eat a healthy diet.



If you feel unwell with flu-like symptoms, stay at home for 14 days and follow the isolation guidelines of your state health organization. Seek hospital care immediately if you have difficulty breathing.

### **SYMPTOMS OF COVID-19**

Fever; cough; breathless or difficulty breathing; chills; muscular pain; headache; sore throat; loss of taste and smell.

### **WHO IS MOST AT RISK?**

People above 60 yrs with underlying health problems.