

## **U3A Nunawading Duty of Care Statement for COVID-19 and other infectious illnesses**

U3A Nunawading Inc. has a Duty of Care to its members, class leaders and volunteers in relation to COVID-19 and other infectious illnesses. We follow the advice of the Victorian Department of Health available online at: <https://www.betterhealth.vic.gov.au/covid-19/covid-19-advice-older-people>

The current medical advice for our age group concerning COVID-19 is:

*Adults aged 65 years and over have a higher risk of falling seriously ill with COVID-19. If you're in this age group, there are actions you can take to protect yourself from getting COVID-19 or from becoming very sick if you get it.*

*Follow these 6 simple steps:*

- *Wear a face mask if you have any symptoms or are in high-risk settings.*
- *Stay up to date with your COVID-19 vaccination.*
- *Take a rapid antigen test if you have any symptoms.*
- *Stay at home if sick.*
- *Meet outdoors or let fresh air in when indoors.*
- *Talk to your GP about COVID medicines.*

The U3A Nunawading Committee recommends:

- If unwell with COVID-19 or other infectious illness a member should not attend class until they have recovered.
- A Member may choose to wear a mask.

Members are encouraged to follow medical advice and have the latest COVID-19 booster and shingles vaccinations as soon as they are eligible and to have flu vaccinations each year.

**Committee of Management**

**U3A Nunawading Inc.**

**June 2024**