

# Sunderland Astronomical and the Corona Virus

**Advise and Information from the NHS to consider.**

## **1. How coronavirus is spread**

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

## **How to avoid catching or spreading coronavirus**

### **2. Do**

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards<sup>2</sup>
- try to avoid close contact with people who are unwell

### **3. Don't**

Do not touch your eyes, nose or mouth if your hands are not clean

Based on this we could:

1. Limit meetings to one night a week (Sunday?), halving any risk.
2. Limit meetings to members only, avoiding contamination from the general public (at the meeting), further reducing the risk.
3. Suggest that, as is their right, vulnerable members (over 70 or those with underlying health conditions) attend the meetings as a matter of personal choice.

4. Suspend all lectures and large-scale events until further notice (including Scout visits) and carefully review any requests for external participation.
5. Stipulate Hand washing as a requirement at arrival to the meeting and departure from it.
6. No one suffering from any respiratory infection (including common cold and flu) should attend the meeting.

These suggestions are made given there is absolutely no certainty how long the current crisis will last, shutting down activity all together could be a matter of weeks but may well run to months and even a year (until a vaccine is available?).

Given this maintaining a modest, but safe and sensible, level of activity will preserve the Society during this difficult period.