

UPDATE: COVID-19 (Coronavirus) as of 13 March 2020

The Western Australian Cricket Association and its Affiliates recommend all clubs and associations to heed the advice of the WA Department of Health and WA Government in relation to Coronavirus (COVID-19).

There is currently no specific advice from the WA Government regarding the need for any changes to community cricket matches or events.

We encourage clubs to follow the recommendations of the Federal Government when considering end of season functions and events that could amount to a gathering of 500 people or more.

Clubs and individuals should continue to monitor the situation and follow the WA Government advice as it applies to them.

You may be aware that the WA Government, as at 11 March, has released a plan to inform the WA community of its latest preparations.

[WA Government Pandemic Plan Release - 11 March 2020](#)

[WA Government Daily Snapshot](#)

[WA Government - Information and Advice](#)

[WA Department of Health](#)

[Australian Government Department of Health](#)

[Smart Traveller website advice](#)

[World Health Organisation - Situation Reports](#)

Please ensure you regularly check the updates and advice from the WA Government via these links.

The following information is provided from the WA Department of Health link above.

Who is most at risk of coronavirus?

People who live in or have recently travelled to a country or region that is at higher risk of COVID-19 transmission (e.g. mainland China, Iran, the Republic of Korea or Italy) OR have had contact with a confirmed case of COVID-19 may be at risk of becoming unwell.

Some people may be at higher risk of infection, such as people who have other illnesses that suppress the immune system or make them more vulnerable to respiratory disease. This includes people with lung disease or diabetes, those who have suppressed immune systems, and the elderly.

Cricket match and training specific precautions include:

- players should have their own drink bottles and avoid sharing
- players and officials should avoid unnecessary contact including shaking hands before and after the game
- clubs should attempt to have sanitisers or hand washing facilities available and accessible
- players use their own helmets where possible. If shared equipment is used every effort is made to disinfect it in between uses.
- for any end of season presentations, check with venues around their procedures, look to reduce contact such as handshakes and make hand sanitiser and washing facilities available

How else can we help prevent the spread of coronavirus?

The best way to prevent the spread of COVID-19 is by practising good hand hygiene and sneeze/cough etiquette. This includes:

- frequently washing your hands for at least 20 seconds with soap and water, or using an alcohol-based hand gel
- refraining from touching mouth and nose
- if coughing or sneezing, covering your nose and mouth with a paper tissue or flexed elbow – dispose of the tissue immediately after use and perform hand hygiene
- avoiding close contact with anyone if you, or they, have a cold or flu-like symptoms (maintain a distance of at least 1 metre)

When is self-quarantine and self-isolation required?

Self-quarantine (suspected cases/close contacts)

Self-quarantine is different to self-isolation. Self-quarantine is required for suspected cases of COVID-19. This means you **must stay in your home, hotel room, or other accommodation** even if you are perfectly well with no symptoms. The only time you should leave your home/accommodation is to seek medical attention. When you are in self-quarantine **you cannot attend public places such as work, school, shopping centres or go on a holiday.**

You must self-quarantine yourself in the following circumstances to help limit the spread of coronavirus:

- If you have left or transited through mainland China or Iran in the last 14 days, you must self-quarantine yourself for 14 days from the date of leaving mainland China or Iran.

- If you have left or transited through the Republic of Korea on or after 5 March 2020, you must self-quarantine until 14 days after leaving the Republic of Korea.
- If you have been in close contact with a confirmed case of COVID-19, you must isolate yourself for 14 days after the date of last contact with the confirmed case.

It is especially important for people who are in self-quarantine to take special care to avoid sensitive settings for 14 days, such as:

- health care
- aged care
- child care and school facilities.

Self-isolation (confirmed cases)

If you have a confirmed case of COVID-19 and are well enough to be at home you must remain in self-isolation. This is different to self-quarantine as it requires a few more actions to help prevent the spread of the coronavirus. If you are in self-isolation **you must stay in your home, hotel room, or other accommodation.** The only time you should leave your home/accommodation is to seek medical attention. This means **you cannot attend public places such as work, school, shopping centres or go on a holiday.**

In addition, people in self-isolation must follow appropriate infection control measures such as:

- wearing a surgical mask when you are in the same room with other people (irrespective of whether they are also in isolation or not),
- covering your mouth and nose when you sneeze or cough,

- washing your hands often and thoroughly for at least 20 seconds, and
- ensuring that you do not share household items with other people in your home.

You must stay in your place of isolation and not go out, except to seek medical care, for the length of time as advised by your doctor or public health unit.

Self-quarantine and self-isolation are important for protecting your family, friends and the Western Australian community