



U3A MORELAND

UNIVERSITY OF THE THIRD AGE

U3A Moreland COVID-19 Safe Plan Update - November 2023

U3A Moreland Committee of Management endeavours to provide conditions for safe participation in all Programs and Activities, in accordance with current Victorian Government Guidelines.

This Plan relates to current guidelines for staying COVID-safe. Members and Volunteers can also find information on betterhealth.vic.gov.au

This Plan refers to **face-to-face Programs and Activities of any nature**.

Outlined below are some simple steps to protect yourself and others who are at risk. U3A Moreland Members and Volunteers must familiarise themselves with and follow these requirements as a condition of participating in Programs and Activities.

- **Get vaccinated** - Vaccinations are available at your local pharmacy or GP. While not mandatory, vaccination is recommended for seniors. *U3A Moreland no longer requires evidence of vaccination as a requirement to attend face to face activities.*
- **Face Masks** - it is recommended to wear a tight fitting face mask when indoors or when you can't maintain physical distance, to lower your chance of catching or spreading COVID-19. It is also recommended to wear a face mask for 7 days after contracting COVID-19, when leaving home.
- **Ventilation** - good air flow lowers the risk of COVID-19 transmission. Facilitators must open windows and doors, where possible and practical. Facilitators must use an air purifier, where available. Good air flow is important, whether or not Members choose to wear face masks.
- **Test/isolate/manage COVID-19 at home** -
 - if you test positive to COVID-19, the advice is to stay home for 5 days or until you have no more symptoms. ***Do not attend or conduct U3A Moreland Programs or Activities.***
 - U3A Members must notify their Facilitator/s if they have attended a group around the time of the onset of symptoms. You are at your most contagious 2 days before and for the entire duration of your symptoms.
 - Facilitator/s must notify all other group Members who attended Programs or Activities with the infected Member, and need to also notify the Program Team Leader. It is therefore important for Facilitators to keep accurate attendance records for face to face Programs and Activities (attendance record template available on UMAS).
 - Other contacts need only monitor for symptoms.

- **Medicines** - it is recommended to check with your GP if you are eligible for medicines or antivirals.
 - **Sanitisation** - while it's now confirmed that COVID-19 is an airborne virus, it is still considered good COVID-19 safe practice (but not mandatory) for Facilitators to offer hand sanitiser to Members and also to wipe surfaces with antiseptic wipes after use during sessions. Supplies can be sourced from the U3A Moreland office.
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This Plan was endorsed by the Committee of Management in November 2023. While no specific review period has been nominated, the Plan will be reviewed regularly to maintain currency with Victorian Government Guidelines.