



SURF LIFE SAVING®
NEW ZEALAND

Date: 3rd March 2020

To: All SLSNZ clubs and members

From: Gary Payinda – SLSNZ Medical Director

Subject: COVID-19 (novel coronavirus) Memo # 1

COVID-19 (novel coronavirus) - What you need to know.

As of today, New Zealand has had a single case of COVID-19.

There is a low risk of any spread into the community from this case. New Zealand does not yet have COVID-19 circulating in our communities. The likelihood of a widespread outbreak is low-moderate.

It is however critically important that we all remain aware of the potential risks and handling requirements for any potentially infectious patient.

Guidelines for handling infectious patients.

As you would for ANY medical patient with infectious symptoms (cough, cold, fever, etc.), limit exposure:

- Have the patient wear a mask.
- Stay outdoors if possible, rather than in enclosed indoor spaces. A two metre separation is encouraged.
- Wear a mask, goggles, and gloves.
- Avoid all unnecessary suctioning, high-flow oxygen delivery, and bag-valve-mask ventilation, as such interventions create aerosols.

These are best practices for treating ANY infectious patient, whether novel coronavirus, or "regular" influenza.

Involve the ambulance service ASAP.

Remember to practice good hand hygiene routinely, avoid touching your face with your hands, and ensure you are immunised, so you don't unwittingly spread preventable diseases to others.

If you have any cold or flu symptoms, protect others by staying home until your symptoms resolve.

If you have recently visited and/or transited through mainland China, Iran, Hong Kong, Italy, Japan, South Korea, Singapore or Thailand in the last 14 days, you should carefully monitor your health for symptoms of fever, cough or shortness of breath to seek medical advice by first phoning Healthline's dedicated COVID-19 number 0800 358 5453 or contact your GP, including phoning ahead of your visit.

For all queries relating to this Memo, please contact Ross Merrett, Safety, Welfare & Risk Manager @ ross.merrett@surflifesaving.org.nz



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