



Royal Selangor Club

## Precautionary Measures Against Covid-19

The safety and well-being of the members and the staff is always our top priority. As we are all well aware, the outbreak of the novel virus (COVID-19) has been a matter of concern both in Malaysia and many other countries worldwide. In view of the increased number of cases reported in Malaysia, the public, particularly members of the club, are advised to take extra precautions and measures to help control the potential spread of this zoonotic virus.

Therefore, a collective responsibility is demanded from all along with the national effort to assist in its containment.

In view of the above, we seek members' co-operation towards the adherence to the following:

- Avoid going out or rest at home if you are unwell.
- Please seek medical attention if you have fever, cough, or breathing difficulties. Always remember to follow the directions given by the medical experts.
- These are the common symptoms of COVID-19 as listed by WHO:
  - Fever, tiredness, dry cough, aches, pains, nasal congestion, runny nose, sore throat, or diarrhoea.
- Stay alert on the latest news and development of the novel virus. Always follow the advices given by your healthcare provider or the Ministry of Health on how you can protect yourself and others around you.
- Update yourself on the latest and potential COVID-19 affected areas (towns, cities, or local areas). To be safe, please restrain from travelling to these places for the time being – especially if you are an elderly person with chronic illness (diabetes, heart, or lung diseases).
- If you are currently in or have recently visited the COVID-19 areas:
  - Please follow the protective measures and guidance advised nationally.
  - Please isolate yourself at home if you are feeling unwell, even with mild symptoms – headache, low grade fever (37.3 C or above), tiredness, breathing difficulties, or mild runny nose.
  - Please seek medical advises as soon as you can.

We hope the members would give utmost co-operation at this crucial time. Rest assured that the Management will continue to take precautionary measures and maintain its strict cleaning regime around our Club.

**The Management**

9 March 2020