

# Keeping you and others well



Some people can get sick more easily than others so we need to take extra care



Clean handles and surfaces often

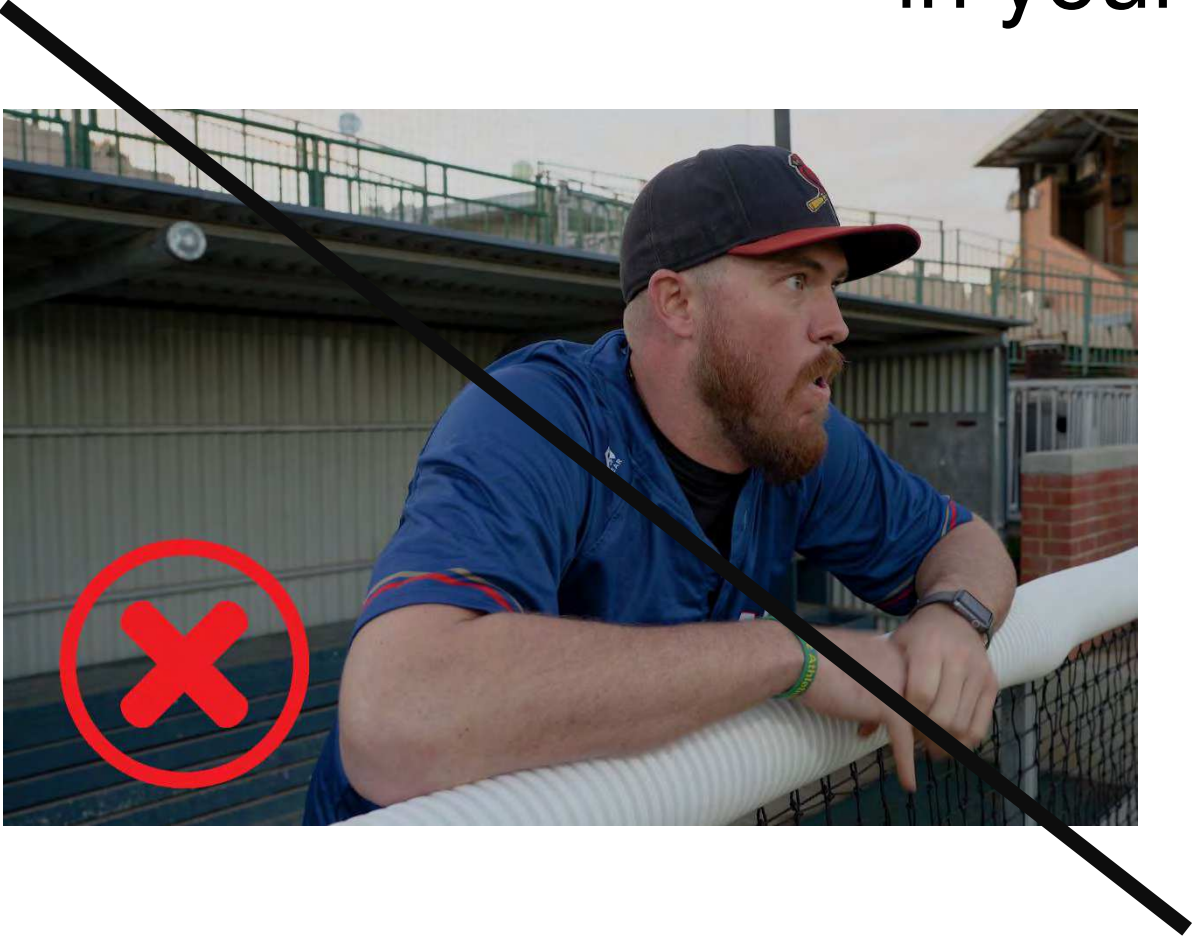
If you are unwell stay home and do not come to the game or training



Remember good hygiene and wash or sanitise your hands before and after training or games



If you need to cough or sneeze cover your mouth and nose in your elbow



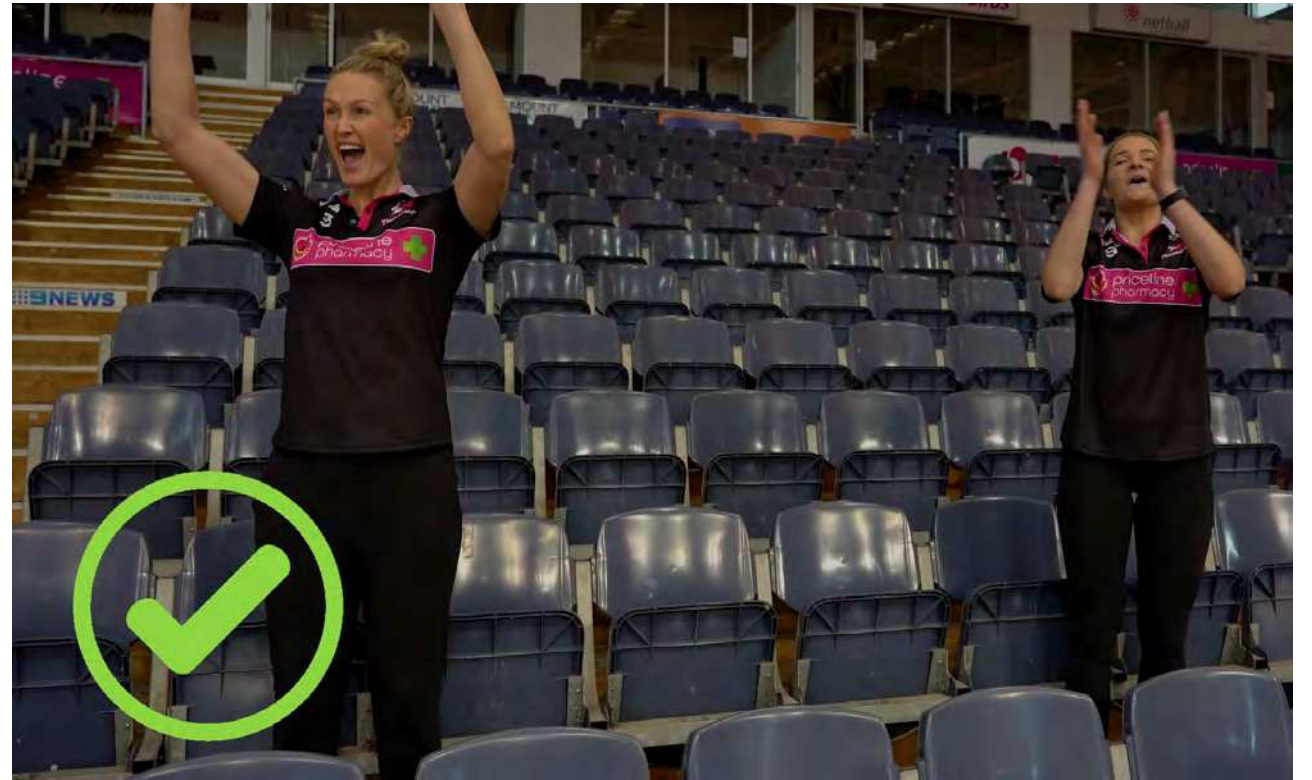
No spitting  
No clearing your nose on the field.



Try not to touch your face with your hands.



When cheering for your team, stay 1.5m from the next group of people





If you are worried, talk to your doctor before returning to sport



We can protect each other and be healthy by following the rules.



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An Inclusive Sport SA &  
Office for Recreation, Sport & Racing  
resource



**Government of South Australia**  
Office for Recreation, Sport and Racing



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