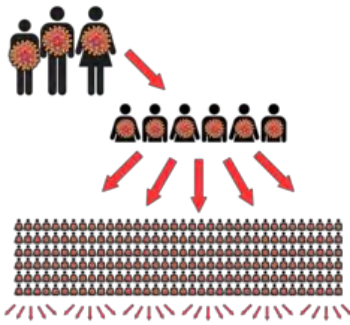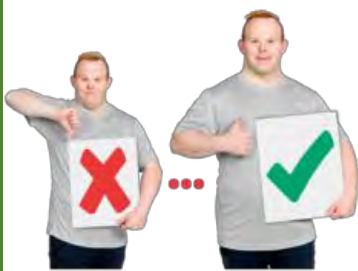# IRFU Easy Read Guide

Information about Coronavirus (COVID-19)

**Coronavirus is a new virus
It is very easily spread**

Most people infected with COVID-19 will experience mild to moderate symptoms and will quickly recover

Older people and those with some underlying medical problems are more likely to develop serious illness

Symptoms of COVID-19 include:

- Cough
- Breathing difficulty
- Fever/high temperature
- Sore throat
- Runny nose
- Flu-like symptoms
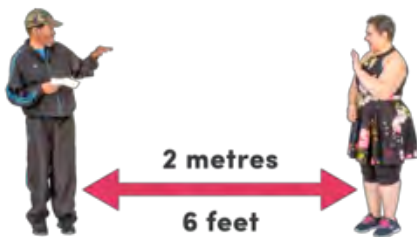- Rash
- Loss of smell/taste

To help keep others safe you should not come to your club if you have any of these symptoms

SPIRIT *of rugby*

At IRFU, we want you, our staff, players, and supporters to be safe from infection at all times.

Washing your hands properly can help stop germs and infections spreading in our clubs.

2 metres
6 feet

Please remember to social distance when at your local club

Stay at home if you are feeling sick

Remember:

Even if your hands look clean, they can still carry germs so washing your hands often is important.

You should wash your hands:

- Whenever they look dirty

- After using the toilet

- After sneezing or blowing your nose

- Before and after touching any cuts, plasters or bandages

- Before and after food

Washing your hands

1. Wet your hands with warm water.

2. Put a small amount of soap onto your hands and rub it in.

3. Rub your hands together for at least 20 seconds. Make sure that all areas of your hands are wet and soapy.

4. Rinse your hands with warm water until all the soap has gone.

5. Dry your hands with a paper towel or hand dryer.

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Using hand gel

You should use the hand gel provided when entering or leaving your club

- Squirt the hand gel onto your palm
- Rub your hands together so that the hand gel is all over your hands – even the back of your hands and between your fingers!
- Do not wash the hand gel off, it will dry on your hands within 20 seconds.

The hand gel should be rubbed into your palms, thumbs, nails, between your fingers, and the backs of your hands.

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If you would like more information on the IRFU #ReturnToRugby Road Map please visit our website: https://www.irishrugby.ie/running-your-club/return-to-rugby-for-clubs/

If you have any questions you can email David McKay IRFU Disability & Inclusion Officer who will try and help

Email: david.mckay@irfu.ie

IRFU | #ReturnToRugby