

Dear Members,

The following contains GGSA's update to Members – COVID 19,

Please follow the below two links to SA Health on current SA recommendations for our current climate. Also below are GGSA's recommendations for helping to keep each other safe and well.

[Staying COVID safe | SA Health](#)

[COVID-19 positive frequently asked questions \(FAQs\) | SA Health](#)

- Continue to get vaccinated against COVID-19.
- Continue to practice "good hygiene" like covering coughs and sneezes and wiping down surfaces.
- Stay 1.5 metres apart wherever you can.
- Stay at home if you are unwell.
- Do not attend Guides when sick, or symptomatic with COVID-19.
- Stay home and get tested for COVID-19 if you have symptoms.
- Wear a "face mask" when required or when you can't physically distance.
- No one should be questioned about their choice to or not to wear a face mask.
- If a member has tested positive for COVID-19 after a unit meeting, event or activity the leader should be notified, and she should notify the participants of the need to monitor for symptoms.

If you test positive to COVID-19, you are no longer required to isolate but you should stay home and take steps to protect others.

To reduce this risk to others, if you test positive to COVID-19 you should Stay home until your acute symptoms have cleared (usually 5 to 7 days).