



LES MIELLES

ADVICE REGARDING CORONAVIRUS COVID-19



At Les Mielles, We are monitoring official advice regarding the Coronavirus situation and have updated our health and safety procedures to ensure that hygiene standards are maintained at this time.

Golf can be considered one of the safest pursuits in these uncertain times, enjoying the health benefits of fresh air, the countryside, and exercise is important. We would like to pass on to our golfers some recommended guidance and suggestions for your wellbeing.

Can't get Hand Sanitiser?

We suggest the following hand sanitiser recipe to make your own.

What you'll need:

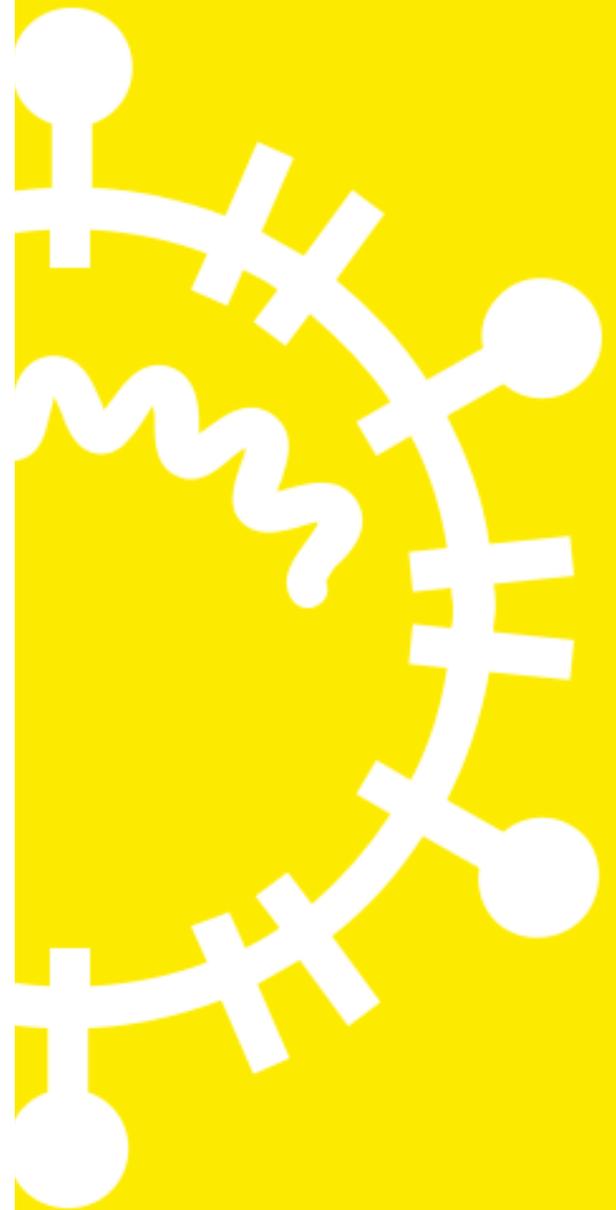
3/4 cup of isopropyl or rubbing alcohol (99 percent)

1/4 cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of alcohol)

10 drops of essential oil, such as lavender oil, or you can use lemon juice instead

Directions:

Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container. Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel. Pour the ingredients into a empty bottle for easy use, and label it "hand sanitizer."



If you are worried you may have the symptoms of coronavirus, please call the Government of Jersey helpline on **01534 445566** between 8am and 8pm.



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OUR ADVICE

Those 1st- and 18th-hole handshakes?
Try an elbow bump or a foot bump. Or, since it's golf, a club tap

Buy some sanitizer! and use it, that extra space in your golf bag next to your tees or balls? Put your own hand sanitizer there, and use it before and after your round of golf.

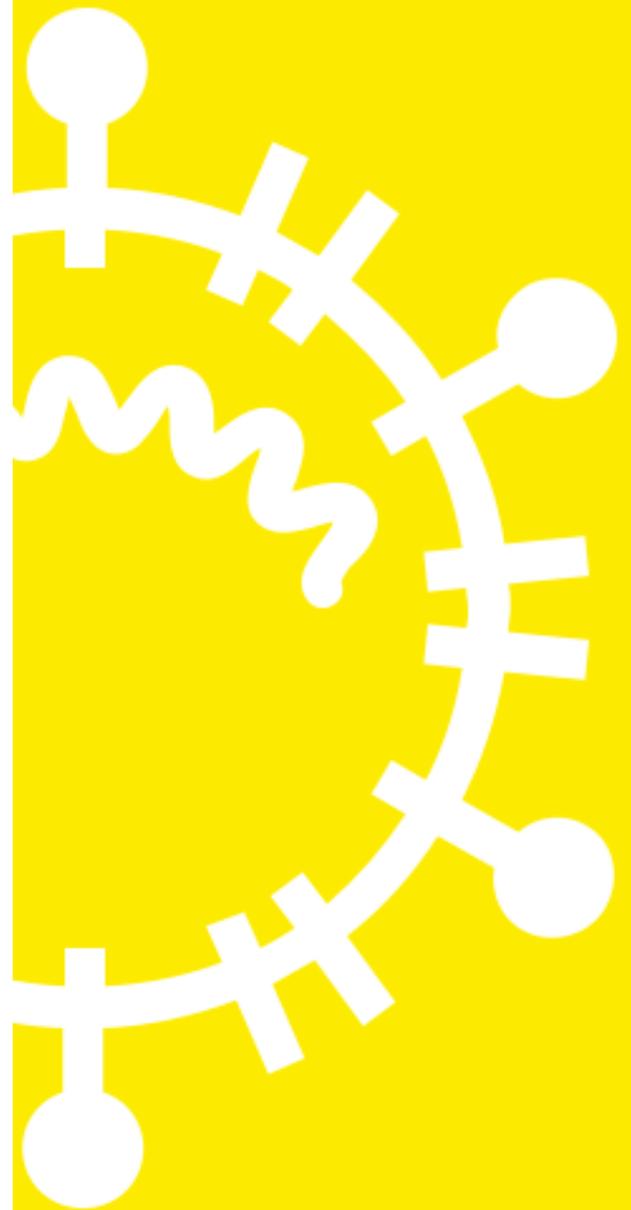
"Being in a fresh air, outdoor space is the least at-risk scenario," – Perhaps wear warm clothing and sit outside on the patio to enjoy that after game drink and food.

"Precaution is the name of the game. It's very reasonable to play if you are smart about it and follow the proper guidance... "You'll have to follow precautions that you normally wouldn't have to, but its worth the effort. "

"Do not golf if you're sick," "Do not spread the infection. We don't want you to put someone else at risk just to play the game." "In a lot of cases, you know how you feel, and if you're feeling the symptoms, hold off for now and get back to the game at a later date."

Washing your hands with soap and water is best, but hand sanitizer is a good second option.

If you suffer from asthma, you should carry your reliever inhaler (usually blue) with you every day, in case you feel your asthma symptoms flaring up.



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Q&A

1. How should you handle your golf clubs?

"You should use your sanitizer to wipe down the grips, heads of the clubs, handles of carts and bags, areas that you touch whilst playing golf"

2. How should you handle golf balls?

Use your sanitizer to clean the ball before and after your round of golf. "If you're picking up random golf balls, - sanitize them and your hands, don't touch your mouth.."

3. How should you handle your golf glove?

Suggest you sanitize your glove, too, though not ideal, as it will create some slickness.

4. How should you handle the golf cart?

Walking might be the way to go, but if you ride, it is your responsibility to use your own wipes and/or sanitizer before you use it... "Wipe the steering wheel and seat and minimize the risk from other people who have used the cart,"

5. How should you handle your mobile during the round?

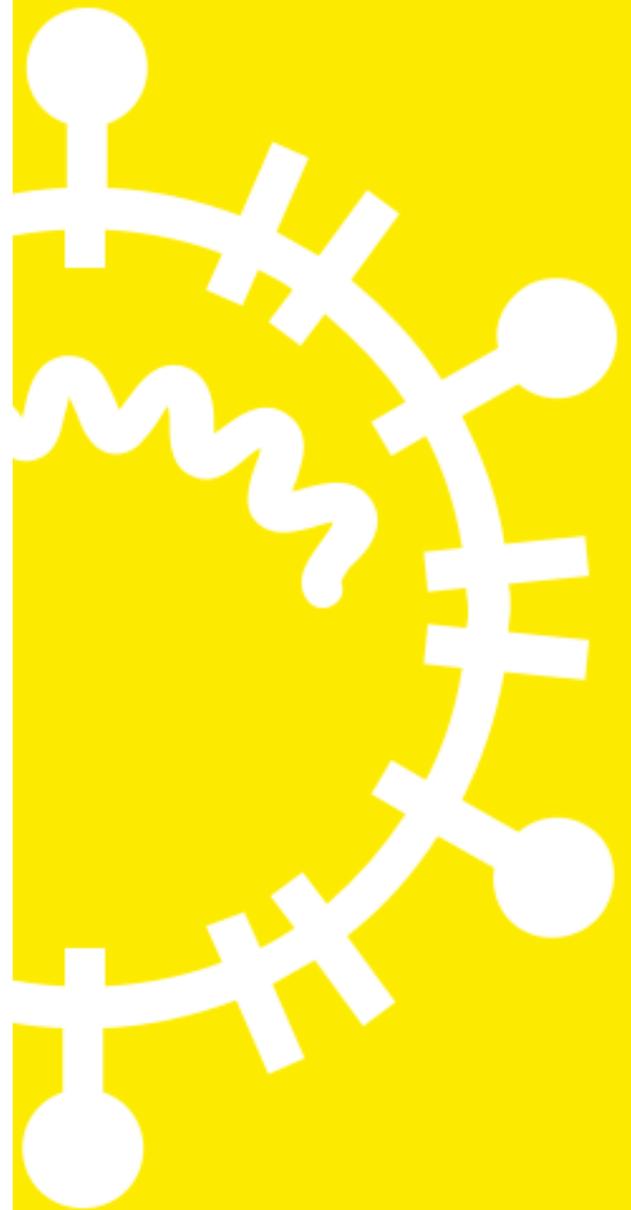
"Keep it in your pocket, somewhere where it's not put directly in a public place, "While using the phone, try to keep it on one person. If you have a phone that can be wiped down, that's ideal. Hygiene - Just use common sense."

6. How should you handle the clubhouse?

Get in, get out and keep your distance. "Social distancing is increasingly advised to slow the spread of infection," said. "Avoid time in crowded places, Keep your distance, or wear lots of layers and sit outdoors in the fresh air on the terrace to enjoy that drink or meal or keep your distance in the Restaurant. "Wash your hands or use your sanitizer after touching any high-touch areas like door handles, desks, etc."

7. How should you handle playing partners?

If you're playing with friends and family, check that they're feeling well. If you're playing with strangers, keep your social distance. If you're playing with the friendly types, words speak louder than actions this time. "In general, don't shake hands and do something else, like an elbow bump, as elbows are not high-contaminated areas,"



**Enjoy Yourself and Keep Safe.
From all of us at Les Mielles
Golf & Country Club.**



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Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Rare	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention



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