

# HEALTH AND HYGIENE IMPORTANT INFORMATION

All guests staying on site at the AIS Residences must adhere to the AIS stay guidelines detailed in the Events and Sports Camps (ESC) manual. The health and safety of all our visitors is our number one priority and we have control measures in place to reduce or remove the spread of infectious illnesses.

It is important that all guests practice good personal and food hygiene.

**Please be vigilant about typical infectious illness symptoms:**



Diarrhea



Abdominal pain



Fever



Nausea



Skin rash

- If you or any of your group feels unwell with these symptoms prior to your visit you/they must not stay at the Residences.
- Stay at the AIS should be avoided until 48 hours after the symptoms have stopped.
- Please discuss this with your ESC coordinator for advice on whether it is appropriate to stay at the AIS if you or your group has been unwell prior to visiting us.

To help minimise the impact and spread of illness always practice the following measures:

- Wash your hands before meals, after using the bathroom, and before and after training especially when using shared equipment.
- Dry hands fully after washing.
- Use alcohol-based hand wash before entering the Dining Hall.
- Cover coughs and sneezes with a tissue and dispose of appropriately and immediately after use, or cough or sneeze into the crease of your elbow.
- Do NOT share drink bottles or towels.
- Report any illness to your team leader as soon as possible.



Please advise AIS Residences Reception on [02] 6214 1388 [between 7:30am to 10pm] or contact AIS Security on [02] 6214 1616 [between 10pm to 7:30am] if anyone feels unwell while staying on site.