

Dear MRG members

After the announcement from the government this week that people should reduce the number of unnecessary social interactions the committee has decided that **all MRG walks are cancelled** until and including 26 April 2020. At that date we will review the situation and make further decisions about future walks.

We cannot argue that our Sunday walks are necessary. However, there is recognition that exercise is an important feature in the maintenance of the mental and physical health and well-being of people and hence being out for exercise has been recognised as an appropriate activity as long as people avoid social contact. This can be done by keeping 2 meters (6 foot) distance between people. It may therefore well be possible that our members might find other "solo" walkers at the start sites in the cancelled part of the programme to walk "solo" but in sight of each other. This would avoid risks associated with walking alone. It is self-evident to do this only if you are in good health and fit. Any activity like this is voluntary and not under the umbrella of the club.

We have below included a set of instructions compiled by Stanford University which may help you decide whether you may be at risk of transmitting the virus and reduce the potential for infection.

If you have a runny nose and sputum, you have a common cold. Coronavirus pneumonia is a dry cough with no runny nose.

The new Coronavirus may not show sign of infection for many days. How can you know if you are infected? By the time you have fever and/or cough and go to the hospital, the lung is usually affected by fibrosis. Taiwan experts provide a simple self-check that we can do every morning:

Take a deep breath and hold it for more than 10 seconds. If you do this successfully without coughing, without discomfort, stiffness or tightness, there is no fibrosis in the lungs; it basically indicates no infection. In critical times, please self-check every morning in an environment with clean air.

Serious and excellent advice by Japanese doctors treating COVID-19 cases:

Everyone should ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water regularly, the virus can enter your windpipe and then the lungs.

For the committee

Bert Rima 18-03-20