

COVID-19 Precautions



With the recent news and events worldwide in association with the CORONA VIRUS (COVID-19), NOCA encourages all of our Members to be proactive with the following prevention practices:

- ❖ Abstain from customary handshakes pre/post game. Bow, nod, wave or use other forms of non-contact greetings.
- ❖ Wash your hands. Wash your hands with soap and running water or clean them with an alcohol-based hand rub.
- ❖ Cover your cough. When coughing or sneezing, cover your mouth and nose with flexed elbow or tissue.
- ❖ Dispose of tissue immediately.
- ❖ Avoid touching your face.
- ❖ Stay home if you are feeling sick or have any symptoms associated with the virus.

CurlManitoba

145 Pacific Avenue,
Winnipeg, Manitoba R3B 2Z6
Office (204) 925-5723
Fax (204) 925-5720
www.curlmanitoba.org
mca@curlmanitoba.org