## **Dear Members**

The Coronavirus / Covid 19 is a concern to us all. The start of the peak in the UK is expected to start at the end of March. Many of our members are in the vulnerable age category and may have underlying health conditions.

Attached is the latest view from NAFAS. The latest scientific advice from the Government is that if you have a new persistent cough and/or a high temperature, you should self-isolate for 7 days. Updates to this information will appear on the Government's webpage - links on the Sussex Area website. You should also self-isolate if you've been in contact with someone who has tested positive for the virus.

You will also find on the website a link to the NAFAS Code of Conduct in the event of any cancellation. The Sussex Area insurance will not cover you for costs incurred in the event of you cancelling a meeting.

Please keep safe, keep in contact with the vulnerable by phone, keep calm and wash your hands.

Stay safe

Jilly Griffin, Area Chairman 13.3.2020