



COVID-19 Good practice for all of us.

As we know from the daily news reports, COVID-19 is increasing in its spread around the UK and the world. At the time of writing, there is a daily increase in numbers of those tested positive and sadly an increase in fatalities.

All organisations in the UK from Central and Local Govt, schools, churches, social and sports facilities, are developing and deploying their own protocols for how they will deal with the current and developing situation with the virus.

At all times, as a community, the Naturist Foundation, its visitors, members, staff and Trustees need to work together to ensure this epidemic has the lowest impact possible.

Remember, Brocken Hurst has a lot of vulnerable people, including the very young, our elders and those with pre-existing medical conditions who are at most risk. However, it is vital we ensure any measures we adopt offer the maximum protection to everyone.

For now, the COVID-19 protocol suggested by Government is to Contain and Delay. This is about reducing the number of people catching the virus to give the NHS a chance of offering the best care possible to all those impacted.

Firstly consider and assess:

Consider	Actions
Have you recently returned from one of the listed countries? Italy, South Korea, Iran, China	DO NOT VISIT THE NATURIST FOUNDATION You should self-isolate for 14 days and seek guidance from NHS 111.
Have you had prolonged contact with anyone who has returned from these countries or has been diagnosed with COVID-19?	DO NOT VISIT THE NATURIST FOUNDATION You should self-isolate for 14 days and seek guidance from NHS 111.
Do you feel unwell? Flu like symptoms, dry cough, fever?	DO NOT VISIT THE NATURIST FOUNDATION You should self-isolate for 14 days and seek guidance from NHS 111.

If you fall into any of the above categories and are diagnosed or suspected of having COVID-19 or are in the process of self-isolation we politely request you stay off site until you are certified clear by a suitable health professional.

We are taking guidance from the NHS and from Public Health England and will amend our protocol accordingly following their recommendation as the situation develops.

For now, if you are sure of your health and are clear of the virus, please come and enjoy the unique world that is Brocken Hurst.

You will find lots of opportunities to keep your hands clean and you should make use of them at every opportunity!



Why handwashing with soap is so effective.

It's often said how much and how long we should wash our hands with soap and hot water and how we should sing happy birthday twice etc. That's all good but why soap? Everyone is going mad for hand sanitiser, but washing with soap is always recommended.

It turns out that soap has certain properties that make it very effective at killing and removing viruses on our hands.

Viruses, such as COVID-19 and SARS and Winter Flu, all have certain components.

On the outside there is a layer of lipids which allow the virus to stick to a host. The rougher the surface of the host it attaches to the better the attachment. Skin is a lot rougher as a surface than marble.

Inside the lipid layer are some proteins that cause the virus to replicate once it has invaded the host and the third is the genetic material of the virus (the RNA). The lipid layer protects the other two and if the lipid layer is broken or destroyed, the virus soon dies.

Soap works in two ways.

Firstly it allows the virus to slide off the host and also it breaks down the lipid, effectively killing it off.

So, if you apply soap effectively to your hands, after you've sneezed on them or touched somewhere potentially infected (door handle, light switch, lift button, someone's hand, and your own face) you can wash it off with some soap and hot water.

Hand sanitiser needs to have a very high alcohol content for it to be effective.

If you washed your hands in Vodka or Tequila it would not have sufficient alcohol to guarantee killing off the lipid of the virus - not to mention it's a bad use of good Vodka!!

In the main toilet blocks you will see hand washing posters reminding you to do a good job washing your hands.

If we all adopt good practice in hand washing, we will all minimise the risk of spreading any virus to our friends, family and visitors.

Let's all work together and keep ourselves safe.