



COVID-19 STABLE OPERATIONS TOOLKIT

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What is COVID-19

The [World Health Organisation](#) defines COVID-19 as:

The infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Information on the spread of COVID-19

Can the virus that causes COVID-19 be transmitted through the air?

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air.

Our advice is that you please remain 1 – 2 metres away from each other and customers where Possible.

The [World Health Organisation](#)'s information on how COVID-19 is spread:

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings.

The Australian Department of Health says COVID-19 is spread by:

There is evidence that the virus spreads from person-to-person.

The virus is most likely spread through:

- *close contact with an infectious person*
- *contact with droplets from an infected person’s cough or sneeze*
- *touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.*

COVID-19 Symptoms

Most common symptoms	Other symptoms
<ul style="list-style-type: none"> ● Fever ● Tiredness ● Dry cough 	<ul style="list-style-type: none"> ● Aches and pains ● Nasal congestion ● Runny nose ● Sore throat ● Diarrhea

The [World Health Organisation](#) states that *some people become infected but don’t develop any symptoms and don’t feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.*

What should you do if you or a team member is showing symptoms of COVID-19?

The Australian Department of Health recommends that you should get tested if you develop symptoms within 14 days of last contact with a confirmed case or of returning to Australia, you should seek medical attention. Your doctor will tell you if you need to get tested.

If you are concerned please call the Coronavirus Health Information Line on 1800 020 080

What should you do if someone at your stables/track receives a positive result for COVID-19?

- Ensure that the team member who tests positive for COVID-19 quarantine and **does not** attend the stables until they have approval from their medical professional.
- Inform all members of the team that came in contact with the person who has a positive result.
- Request that all members of the team that came in contact with the COVID-19 positive person to self-isolate.
- Thoroughly clean your stables and track with an alcohol-based product. Ensure that all surfaces are thoroughly wiped over and cleaned.

How to protect yourself and other stable/track workers from COVID-19

The following are preventative measures but cannot guarantee that you will not contract COVID-19.

1. If you feel unwell, stay home.
2. Regularly wash your hands thoroughly and look after your personal hygiene.
3. Avoid touching your face. If you do touch any part of your face, make sure you wash your hands immediately.
4. Practice social distancing - remain 1.5 meters away from another individual
5. Get your flu vaccination as early as possible to reduce your chance of contracting the flu and weakening your immune system.
6. Keep up to date on the latest information about COVID-19 (see further into the document).

When should a team member self-isolate?

The Australian Government advises that someone **must** self isolate for **14 days** if they:

- have COVID-19,
- have come in close contact with some who has tested positive for COVID-19, AND/OR
- arrived in Australia after midnight 15 March 2020.

What does self-isolation mean?

Self isolation lasts for 14 days.

The Australian Department of Health says that in self-isolation you must **stay home** which means you:

- *do not go to public places such as work, school, shopping centres, childcare or university*
- *ask someone to get food and other necessities for you and leave them at your front door*
- *do not let visitors in — only people who usually live with you should be in your home*
- *do not need to wear a mask in your home, but do wear one if you have to go out (for example to seek medical attention)*
- *should stay in touch by phone and online with your family and friends.*

If you live in a private house, it is safe for you to go into your garden or courtyard. If you live in an apartment or are staying in a hotel, it is also safe for you to go into the garden but you should wear a surgical mask to minimise risk to others. You should also move quickly through common areas.

Can horses develop COVID-19?

Although there is no research around horses specifically and COVID-19. The World Health Organisation does provide the following information around pets and COVID-19:

While there has been one instance of a dog being infected in Hong Kong, to date, there is no evidence that a dog, cat or any pet can transmit COVID-19. COVID-19 is mainly spread through droplets produced when an infected person coughs, sneezes, or speaks. To protect yourself, clean your hands frequently and thoroughly.

WHO continues to monitor the latest research on this and other COVID-19 topics and will update as new findings are available.

Where to stay up to date with the latest news?

General COVID-19 News

- World Health Organisation:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Australian Government's Department of Health:
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
- Prime Minister of Australia: <https://www.pm.gov.au/media>

Racing News

- Australian Jumps Racing Association:
<https://australianjumpsracing.com/news/category/news>
- Racing Australia: <https://www.racingaustralia.horse/FreeServices/MediaReleases.aspx>
- Racing Victoria: <https://www.racingvictoria.com.au/news>
- Country Racing Australia: <https://country.racing.com/news>

Useful contacts

- Coronavirus Health Information Line: 1800 020 080
- Stableline: 1300 520 122
- Behind The Barriers: 1300 GETHELP (1300 438 435)

For Trainers, the Australian Jumps Racing Association is providing Trainers with a FREE 15 minute digital consultation. Text 0418 991 303 to organise a time.