



## CTAWA COVID 19 Awareness

Are you ready for COVID in 2022?

WA is planning to open its borders to travellers in the near future meaning that it is almost certain that COVID will become widespread in the WA population within weeks thereafter. Government expectations are that tens of thousands of WA citizens will have symptoms of COVID within a year of borders opening. Many people will be hospitalized, some will die.

The CTAWA wants to take reasonable measures to protect our riders from this dangerous disease, especially for those who are older (over 60), have certain pre-existing conditions or are immuno-compromised. Even younger people having less severe symptoms may find themselves with poor health for long periods (long COVID) after recovering from the initial illness.

Accordingly, we recommend that members follow the WA government guidelines in getting ready for WA's transition now by:

- getting vaccinated against COVID-19, including your third dose when you are eligible
- having your proof of COVID-19 vaccination ready, e.g. having the ServiceWA app on your phone
- making sure you have a supply of masks at home

We expect that individuals will act responsibly to protect those around them from the risk of spreading COVID. While on rides we ask that you practice social distancing and maintain good personal hygiene and that you NOT ride with us if you are experiencing any cold, flu or COVID-type symptoms such as Fever ( $\geq 37.5^{\circ}\text{C}$ ), cough, shortness of breath, sore throat, runny nose or loss of smell or taste.

The CTAWA does not believe that a complete ban on unvaccinated riders joining our outings would be either practical or ethical.

However, some ride leaders may be unwilling to lead rides with people who have not had at least two doses of an approved vaccine. Please respect the Ride Leader's choice and DO NOT RIDE with us if the Ride Description on the CTAWA website states that the Ride Leader does not want unvaccinated or partially vaccinated people on the ride.

Vaccines are very effective in minimising the harm from COVID, e.g.

<https://aci.health.nsw.gov.au/COVID-19/critical-intelligence-unit/COVID-19-vaccines>.

Two doses of an approved vaccine are

- 95% effective in preventing symptomatic COVID infections in people older than 16 (i.e. you might catch COVID but your immune system is able to suppress it before you become sick); a single dose reduces the chance of symptomatic infection by about half compared to being unvaccinated at all
- can reduce the chance of dying by more than 90%
- halves your chance of transmitting COVID on to someone else

The CTAWA guidelines given above are broadly consistent with those of other social cycling groups.