



## COVID-19 Preparedness and Frequently Asked Questions for Attendees

### **What are the general health recommendations during the IVF World Sprints as a result of the novel COVID-19 virus?**

The following guidelines are set out by the World Health Organisation (WHO) and EU authorities:

- Frequently clean hands by using alcohol-based hand sanitizers or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or a tissue – throw the tissue away immediately and wash your hands;
- Avoid close contact with anyone who has a fever and cough;
- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.

### **What steps is International Va'a Federation (IVF) taking to help build confidence among participants?**

- We encourage all attendees to stay informed on the basic protective measures the public can take, such as the ones listed by the WHO;
- We will ensure that a first aid station is readily available to address any immediate healthcare concerns of paddlers.
- There is a major medical center within a few miles of the event.

### **Does IVF have recommended travel and health safety tips for me to consider prior to arriving in Hilo, Hawai'i?**

- Paddlers and support individuals should not travel to the World Sprints if they are feeling unwell.
- Make sure you bring a list of all medications that you take and note any pre-existing health problems that you may have. This will help should you need to be seen by medical personnel for any reason.
- Bring your own hand sanitizer and remember to wash your hands frequently as you travel to and from the event.

### **What are the first signs of infection of COVID-19?**

Symptoms may include fever, cough, sore throat, nausea/vomiting, and difficulty breathing. Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention. It can take up to 14 days for symptoms to show after a person has been infected.

### **What if I have concerns about developing symptoms at the event site?**

Should you become ill, notify your Area Coordinator immediately. Your Area Coordinator will notify the Chair of our Medical Committee who will help coordinate an appropriate medical response to your symptoms.

In an emergency, please call the emergency number in the United States – which is simply 911. Emergency medical responders will come to your aid.