

## **Coronavirus: guidance to U3A organisations as of 10.3. 2020**

Coronavirus (COVID-19) continues to pose a threat to communities in the UK. The Third Age Trust (the **Trust**) provides some guidance below on the conduct of meetings of U3A member organisations, and will continue to update U3A organisations as is reasonably practicable.

As of the date of this guidance the government has not introduced measures to delay the spread of coronavirus via social distancing measures, such as the wholesale cancellation of gatherings of people. The Trust will continue to monitor the situation, however, and will provide updates accordingly.

Although the Trust does not expect U3A organisations to cancel meetings of members at this stage, there are certain things individuals can do to minimise the risk of their contracting and/or transmitting the virus.

### **Guidance for U3A members**

- Irrespective of whether they are suffering symptoms of the virus, members should self-isolate and not attend meetings if they have recently visited any of the areas listed as "Category 1" countries/areas in the government's travel guidance: [here](#). As at the date of this guidance these countries/areas are:
  - Wuhan city and Hubei Province (China)
  - Iran
  - Daegu or Cheongdo (Republic of Korea)
  - Italy
  
- Members should self-isolate and not attend meetings if they have developed symptoms of the virus after visiting any of the areas listed as "Category 2" countries/areas in the government's travel guidance: [here](#).
  
- Older people and those with underlying health conditions or immunodeficiency are at greater risk of serious harm from coronavirus, and so such individuals should consider not attending meetings.
  
- Members should minimise personal contact with each other, for example by not shaking hands.
  
- Other than individuals falling within one of the categories above, people should be able to continue their usual activities, including attending U3A meetings, so long as they do not develop symptoms of the virus and they maintain good hygiene practice, for example washing hands regularly and thoroughly.

- Although the Trust will be monitoring the situation closely, U3A organisations should keep updated using the following resources:
  - [Public Health England](#)
  - [Coronavirus \(COVID-19\): Government response](#)