

## **CORONAVIRUS - COVID-19 --- Please read carefully**

**As mentioned earlier by Peter Cassettari this week in his Coronavirus Bulletin 2 email to all Club Members:**

This bulletin is not meant to alarm, but help protect us all, once the virus COVID-19 is in the general community. Currently it is not, so we are not in immediate danger, but we must start good hygiene habits now!

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, sneezes 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. We constantly touch our faces, that is why it is important to thoroughly wash our hands. 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.**

A mask may not necessary protect you, as the eyes are a very vulnerable entry point for the Virus,

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. The main way the disease spreads is through respiratory droplets expelled by someone who is coughing or sneezing.

The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

### **Protection measures for everyone:**

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

First and foremost the best action is regular and thorough hand-washing and good respiratory hygiene. The most effective ways to protect yourself and others against COVID-19 are, frequently clean your hands, cover your cough with the bend of elbow or tissue, and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

Regularly and thoroughly clean your hands by washing them with soap and water. Or with a 70% alcohol-based hand rub. Then thoroughly dry your hands with paper towels, dispose of the paper towels properly into a bin. **Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. Get out of the habit of regularly touching your face.

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing! **Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth. **Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, our hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and will make you sick. Wearing surgical / disposable gloves does not help!! Clean hands do.

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. **Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as the common cold, influenza and COVID-19.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. **Why?** Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

If possible, avoid travelling – Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care, especially older people and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer, diabetes or a weakened immune system).

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so WHO urges people to use masks wisely.

### **Children and School:**

Make sure your children thoroughly wash their hands after going to the toilet and before eating. Explain why so they do this at school as well. Ask your Child do the toilets at school have soap dispensers? Do they have paper towels? If not ask your school headmaster why not? As a community we need to be concerned for everybody.

The death toll from Coronavirus is rapidly approaching 5000, it will pass 100,000 before we find a vaccine.

Again this email is not meant to alarm, but to warn you. Our health is in your hands, CLEAN them!

Take Care,  
See you on Monday night

## This Monday 16 March – Autumn Swiss Rd 5 (FIDE & ACF rated) 90min+30sec

No	Name	FIDE	ACF	Total	Result	Name	FIDE	ACF	Total
1	Ton Pieter Luchtmeijer	2042	2062	[3.5]	:	Angelito Camer	1999	2018	[4]
2	Jeremy Plunkett	1802	1790	[3.5]	:	Andriy Bukreyev	2028	2087	[3.5]
3	Chanya Rupasinghe	1322	928	[3]	:	Cameron McGowan	2152	2276	[3]
4	Angela He		630	[3]	:	Gavin Marner	1849	1858	[3]
5	Alaina Vincent	1798	1710	[3]	:	Vihaan Anup Kumar	1380	1207	[3]
6	Anup Kumar Siva Sankaran	1792	1759	[3]	:	Singha Jyotirmoy			[3]
7	Jayath Kulathunga	1402	1301	[3]	:	Edward Hu			[3]
8	Anshika Jain	1656	1582	[2.5]	:	Johnny Miranda Teves	1838	1905	[2.5]
9	Eddie Quesada	1462	1260	[2.5]	:	Jeff Cabilin	1827	1845	[2.5]
10	Elmaz Iljazi	1676	1577	[2]	:	Hans P Muller	1744	1755	[2.5]
11	Jonathan Yap	1369	1004	[2]	:	Tarek Rahman	1668	1582	[2]
12	John Yao	1611	1515	[2]	:	George Smit		1402	[2]
13	Edward P Ombina	1610	1495	[2]	:	Ross Kingsley		1293	[2]
14	Matthew Rostami	1399	1198	[2]	:	Phillip Eltakchi	1584	1578	[2]
15	Bill Herreros	1520	1363	[2]	:	Peter Tomlinson	1046	400	[2]
16	Muhamed Buza	1503	1500	[2]	:	Jingni Liao			[2]
17	Renee Yang Pan			[2]	:	Jose Cyriac	1418	1209	[2]
18	Kamal Jain	1665	1646	[1.5]	:	Dilan Jayaratne	1501	1534	[1.5]
19	Winston Zhao Chen	1655	1523	[1.5]	:	Albert Parengkuan			[1.5]
20	Baby Joseph	1500	1382	[1.5]	:	Sayum Rupasinghe	1533	1413	[1.5]
21	Ryan Byrnes		565	[1.5]	:	Shaheel Faizal	1527	1345	[1.5]
22	Martin Lakeland			1771 [1]	:	Junjie He		278	[1]
23	Aiden Wen	1431	1267	[.5]	:	Jonathan Adams	1622	1500	[0]
24	Allan Goldsmith	1318	972	[1]	:	Albert Joseph	1419	1030	[1]
25	Mike J Zuydam	1266	821	[1]	:	Kenny Di			[1]
26	Alvin Vincent			[1]	:	Eric Lin		223	[1]
27	Gamaliel Amar			[.5]	:	Andrew He		104	[1]
28	Arnold Joseph			[1]	:	Jezreel Amar			[0]
29	Chloe Di			[0]	:	Peterson Amar			[0]
30	Daniel Jingxi Chen		1103	[2]	.5:0	BYE			
31	Simon Kellett	1679	1605	[2.5]	.5:0	BYE			
32	Terry Gao	1343	809	[2.5]	.5:0	BYE			
33	Daniel (Zhiyi) Wang	1464	1119	[2]	.5:0	BYE			

## Last Monday 9 March – Autumn Swiss Rd 4 (FIDE & ACF rated) 90min+30sec

No	Name	FIDE	ACF	Total	Result	Name	FIDE	ACF	Total
1	Andriy Bukreyev	2028	2087	[3]	.5:.5	Ton Luchtmeijer	2042	2062	[3]
2	Johnny Miranda Teves	1838	1905	[2.5]	-.+	Angelito Camer	1999	2018	[3]
3	Hans P Muller	1744	1755	[2.5]	0:1	Jeremy Plunkett	1802	1790	[2.5]
4	Cameron McGowan	2152	2276	[2]	1:0	Singha Jyotirmoy			[3]
5	Gavin Marner	1849	1858	[2]	1:0	Elmaz Iljazi	1676	1577	[2]
6	Jeff Cabilin	1827	1845	[2]	.5:.5	Anshika Jain	1656	1582	[2]
7	Tarek Rahman	1668	1582	[2]	0:1	Alaina Vincent	1798	1710	[2]
8	Daniel (Zhiyi) Wang	1464	1119	[2]	0:1	Anup Kumar Siva Sankaran	1792	1759	[2]
9	Eddie Quesada	1462	1260	[2]	.5:.5	John Yao	1611	1515	[1.5]
10	Simon Kellett	1679	1605	[1.5]	1:0	Matthew Rostami	1399	1198	[2]
11	Vihaan Anup Kumar	1380	1207	[2]	1:0	Winston Zhao Chen	1655	1523	[1.5]
12	Shaheel Faizal	1527	1345	[1.5]	0:1	Chanya Rupasinghe	1322	928	[2]
13	Terry Gao	1343	809	[2]	.5:.5	Muhamed Buza	1503	1500	[1.5]
14	Dilan Jayaratne	1501	1534	[1.5]	0:1	Edward Hu			[2]
15	Ross Kingsley		1293	[2]	0:1	Jayath Kulathunga	1402	1301	[2]
16	Aiden Wen	1431	1267	[.5]	0:1	Edward P Ombina	1610	1495	[1]
17	Jingni Liao			[1.5]	.5:.5	Baby Joseph	1500	1382	[1]
18	Phillip Eltakchi	1584	1578	[1]	1:0	Martin Lakeland		1771	[1]
19	Albert Joseph	1419	1030	[1]	0:1	Kamal Jain	1665	1646	[.5]
20	Bill Herreros	1520	1363	[1]	+:-	Erwin Plaza	1498	1578	[.5]
21	Eric Lin		223	[1]	0:1	Jose Cyriac	1418	1209	[1]
22	Andrew He		104	[1]	0:1	Jonathan Yap	1369	1004	[1]
23	George Smit		1402	[1]	1:0	Mike J Zuydam	1266	821	[1]
24	Peter Tomlinson	1046	400	[1]	1:0	Alvin Vincent			[1]
25	Arnold Joseph			[1]	0:1	Angela He		630	[2]
26	Albert Parengkuan			[1]	.5:.5	Gamaliel Amar			[0]
27	Peterson Amar			[0]	0:1	Ryan Byrnes		565	[.5]
28	Jezreel Amar			[0]	0:1	Allan Goldsmith	1318	972	[0]

## Upcoming Events

Mon 23-Mar 20	Autumn Swiss Round 6 (FIDE & ACF rated)
Mon 30-Mar 20	Autumn Swiss Round 7 (FIDE & ACF rated)
Mon 06-Apr 20	Allegro Tournament (15min) 6rds
Mon 13-Apr 20	PH Easter Blitz Tournament (10 min) 9 Rounds
Mon 20-Apr 20	Winter Swiss Rd 1 (FIDE & ACF rated) 90min+30sec
Mon 01-Jun 20	Winter Swiss Rd 7 (FIDE & ACF rated)
Mon 08-Jun 20	Public Holiday QBW Blitz Tournament (10min) 9 Rounds
Mon 15-Jun 20	Rooty Hill FIDE Open Rd 1 (ACF and FIDE rated) 90min+30sec
Mon 10-Aug 20	Rooty Hill FIDE Open Rd 9 (ACF and FIDE rated) 90min+30sec

**Check our Calendar for all remaining Events in 2019 at: <http://rootyhillchessclub.org/calendar/>**

**For News and Tournament Results visit our website at: [www.rootyhillchessclub.org](http://www.rootyhillchessclub.org)**

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