

# PROTECTING YOURSELVES AND OTHERS



# WHERE WE ARE TODAY



- The situation on the COVID-19 front is tense with uncertainty related to the new variant as well as the number of cases mounting across many countries. The IOC continues to monitor the situation and develop plans which consider the recent developments.
- For now, requirements to access China remain as described in the Playbooks. Nevertheless, it is proven that a booster dose can help to minimise the risks. Therefore, it is strongly encouraged to take up this offer when available according to the local regulations and guidelines of your respective countries.
- The IOC has once more secured the assistance of Pfizer for the booster and stands ready to support access to the vaccine. The baseline policy will however remain the same, which is to respect the priorities as established by the respective National Health Authorities.



# WHAT WE ALL SHOULD DO NOW

## #STRONGERTOGETHER



The next weeks will be critical for **all participants** travelling to Beijing. It is essential that we all take **personal responsibility** to keep ourselves and each other **safe** whether in competition, at work and in our personal lives, including over the festive season. The measures outlined in the Playbooks for Games-time should be adopted by all of us **from now onwards**.

### Get vaccinated



Ensure you are vaccinated and receive a booster as they become available in your location, according to local guidelines

### Properly wear a face mask



KN95, N95, FFP2 masks or equivalent standard of protection recognised in your country/region of residence

### Get tested regularly



If you experience symptoms, but also as a precaution on a regular basis, get tested regularly according to local guidelines

### Isolate as needed



If you are positive or identified as a close contact, isolate according to instructions of local health authorities

### Minimise contact



Keep physical interactions with others to a minimum, avoiding physical contact, crowds and closed spaces

### Stay put!



Avoid unnecessary travel

# HOW TO PROTECT YOURSELF & OTHERS PRACTICAL GUIDELINES



In addition to following the measures in the Playbook, the following guidelines should be considered, where possible, in your day-to-day activities from now until your arrival in Beijing in order to protect everyone's health and minimise the risk of infection.



## At sporting events

- Be briefed on and follow IF or event organiser guidelines
- Limit interactions outside of your entourage
- Minimise movements between your accommodation and venue
- Avoid handshaking and hugging
- Avoid gatherings (even if same delegation)
- Clear the finish areas as quickly as possible



## At your place of work

- Follow workplace guidelines
- Work remotely where possible
- Conduct meetings online. If necessary to meet in person, limit the number of participants in the room
- Stay home if you are sick, except to get medical care
- Employers could promote and provide testing opportunities for employees and disinfect and clean workspaces regularly



## In your daily lives

- Follow local guidelines
- Minimise or avoid big gatherings
- Keep your guests to a minimum, spend as much time outside as possible and open the windows, or consider celebrating virtually
- Carry extra facemasks and disinfectant sprays
- Stay home if you are sick, except to get medical care