

Club Day Trips: Health & Safety Guidance

You have booked and paid for an upcoming club trip and are looking forward to the outing. However, if you wake up feeling unwell, you may face a difficult decision: should you go, or should you stay home?

Please prioritize your health and err on the side of caution.

Key Reasons to Stay Home

- **Immune Support:** A weakened system is far more vulnerable to infections and medical complications.
- **Fall Prevention:** Feeling dizzy, fatigued, or weak significantly increases the risk of falls, especially in unfamiliar surroundings.
- **Faster Recovery:** Rest allows your body to heal. Pushing through a full-day trip can delay recovery or worsen your condition.
- **Safety & Comfort:** Staying home provides a stable, familiar environment and immediate access to your primary caregivers or support systems.

Important: Managing an illness at home is manageable; experiencing a medical crisis during a trip can lead to costly, stressful, and delayed emergency care.

Critical Health Warning: Stroke Awareness

Always remember the acronym **FAST** to identify the signs of a stroke:

- **F – FACE:** Is one side of the face drooping?
- **A – ARMS:** Can you raise both arms?
- **S – SPEECH:** Is speech slurred, jumbled, or difficult to understand?
- **T – TIME:** Call **9-1-1 immediately**. You are experiencing a medical emergency.

