



SYDNEY HASH HOUSE HARRIERS

Message from the Committee on the Coronavirus Pandemic

Posh Hash-sponsored runs will continue to be suspended. We know that self-organized runs are taking place around Sydney, and some members of our own Hash and others are participating in those. For those of you participating in these ad hoc runs, what is clearly guidance only is offered here; we all recognize that everyone owns their own decisions in what is a troubling time:

- No run should be organized in contravention of any governmental and/or community guidance on pandemic control (continuously changing).
- If you are unwell in any way, do not participate.
- Be aware that the fatality rate for those over 70, and with any sort of additional risk factor (i.e., high blood pressure, heart disease, diabetes, etc.), ranges from 1 in 5 to 1 in 7 for those that actually contract COVID 19 (current best estimates, and they are changing daily). When deciding whether to participate in an ad hoc run, consider not just your own health situation, but also that of anyone you interact with regularly. All indications are that this disease spreads easily; this is why carpooling is also not a good idea.
- On On's of any kind should be discouraged. Outside is always better, and bottles that you do not share in any way are best.

How long COVID 19 lingers		
Environment	Half-Life*	Detection Limit
 Aerosol**	2.74hrs	Up to 3 hrs
 Copper	3.4hrs	Up to 4hrs
 Cardboard	8.45hrs	Up to 24hrs
 Steel	13.1hrs	Up to 48hrs
 Plastic	15.9hrs	Up to 72hrs

*The time it takes for a virus deposit to decay to half its strength.
**A fine spray in the air attribution: study from NHI/NIH/UCSD/UCLA

For additional information on protecting yourself, and there is lots of shite flying around the web that should simply be ignored, this is the most reliable source [CLICK HERE](#)

In light of the new regulations taking place this week, the Weekend Away in Kiama, 15 to 17 May, has been cancelled. Hash Cash Ayatollah is processing the refunds for those that paid to reserve a spot, he will contact you directly if additional information is required to process the payment.

No Committee would take joy in these sorts of communications. We will continue a Weekly report during this period of suspension, and include in it a mix of hopefully useful, and also more customary content.

Odds and Ends

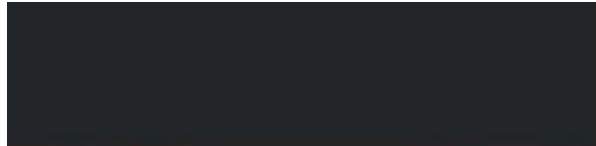
- Contact Tic Toc directly if you would like a report on one of the ad hoc runs.
- If you are interested in understanding more about how pandemics spread, a really excellent simulation can be found [HERE](#)
- If you could simply use a lighter moment on how pandemics spread, and who couldn't, with a thank you to Goon Show for providing this, click [HERE](#)

Your OnSec always appreciates content, so please keep it coming.

Humour



I took this picture to share that we still have plenty of bread on the shelves at our local Tesco



An Irishman goes into a bar in America and orders three whiskeys. The barman asks: "Would it be better for if I put all three shots in one glass?"
The Irishman replies: "No! I have two other brothers back at home, so every time I come into a pub, I order a shot for them both."
The following week, the Irishman orders just two whiskeys.
The barman asks: "Did something happen one of your brothers?" "Oh no," replies the Irishman. "I just decided to quit drinking!"