

# Echo Community Covid-19 Guidelines

## **SELF-CHECK FOR SYMPTOMS**

Students should conduct a self-check and stay home if they do not feel well or have symptoms compatible with COVID-19. Symptoms can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea. High-risk individuals are to discern if they feel comfortable attending Echo services and events.

- Students should also stay home if they have a household member experiencing symptoms compatible with COVID-19.

## **While at Echo:**

- **FACE COVERINGS:** Students are expected to wear a face covering at all times when in the building. Echo Staff will provide extra face coverings for those who don't have them.
- **WASHING HANDS:** Students are expected to wash and/or sanitize their hands upon arrival. Hand washing stations, hand sanitizer and tissues will be readily available.
- **IF SOMEONE BECOMES SICK:** If a student begins to feel unwell while at the event, they should let a staff person know so that we can do contact tracing if need be. Then the student should leave immediately, contact parents and isolate themselves at home.

***If a student tests positive for Covid and has recently been to an Echo event contact Lori at [lmccain@whchurch.org](mailto:lmccain@whchurch.org) so that we can inform close contacts and the greater Echo community. We will keep names anonymous for privacy.***