

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 OPTIONAL:** Students are welcome to wear a face covering. Echo Staff will provide extra face coverings for those who would like them.
- **WASHING HANDS:** Students are encouraged 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. Then the student should leave immediately, contact parents, and isolate themselves at home.