



Feeling Sick?

Stay home if you are sick!

If you feel unwell or in the past 14 days, you:

- have returned from travel outside the country or
- have come into close contact with someone who has a COVID-19 or
- have had any of the following symptoms

Please leave the building and contact your health care provider



***Seek medical care immediately if someone has emergency warning signs of COVID-19**

• Trouble breathing • Inability to wake or stay awake

Persistent pain or pressure in the chest • Bluish lips or face • New confusion

This list is not all possible symptoms. Please seek medical attention for any symptoms that are severe or concerning to you.

Adapted from the CDC for

Cloth Face Covering Do's & Don'ts

DO:



- Make sure you can breathe through it
- Wear it whenever going out in public
- Make sure it covers your nose and mouth
- Wash after using
- Wash or sanitize your hands after re-adjusting or touching the face covering
- Keep at least 6 feet between yourself and others, even when you wear a face covering

DON'T:

- Use on children under 2
- Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers

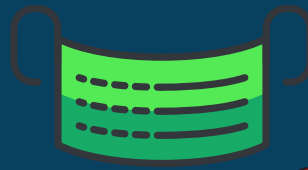
Adapted from the CDC for



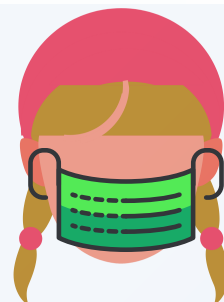
cdc.gov/coronavirus

GURDWARA MANAGEMENT KINDLY REQUESTS...

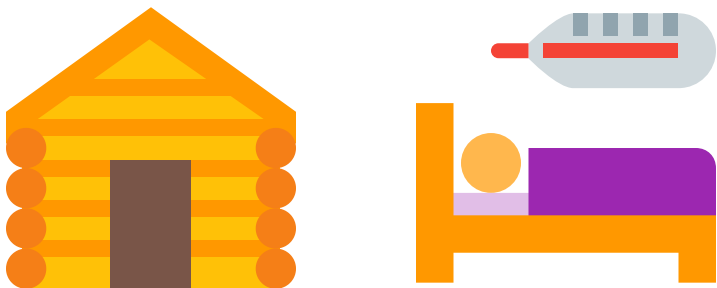
COVER YOUR NOSE & MOUTH with a mask/fabric BEFORE ENTERING Gurdwara Sahib



Based on CDC recommendation, we request everybody older than 2 years to cover their nose and mouth with a mask/fabric (bandana, hazooria etc) before entering Gurdwara Sahib.



6 Suggestions for Sangat Safety



STAY HOME AND ATTEND VIRTUAL DIWAN IF SICK

In the last 14 days, if you or any household member has had fever, cough, difficulty breathing, body aches, fatigue, new loss of taste/smell, you should stay home and contact your health care provider.



WASH /SANITIZE HANDS OFTEN COVER COUGH/SNEEZE WITH TISSUE

Wash your hands with soap and water for 20 seconds upon entering Gurdwara and before doing any Seva. If unable, use hand sanitizer. Cover your cough/sneeze with a tissue, then throw the tissue in the trash and wash your hands.



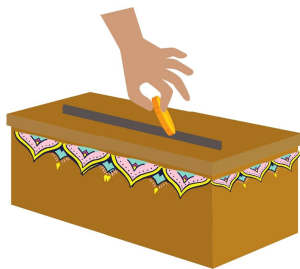
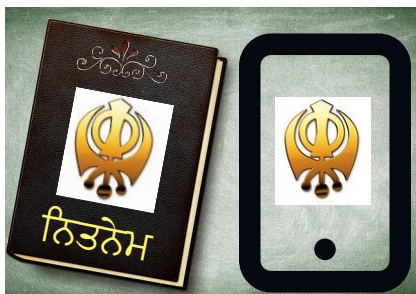
MAINTAIN PHYSICAL DISTANCING

Stay at least 6 feet or 2 meters away from others at all times. This includes matha tek line, Diwan, Langar, casual conversation etc. Avoid Handshakes, hugs etc.



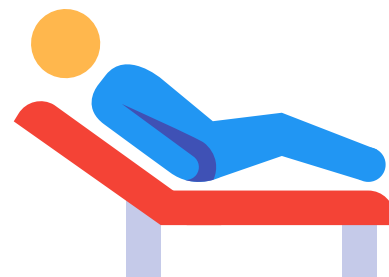
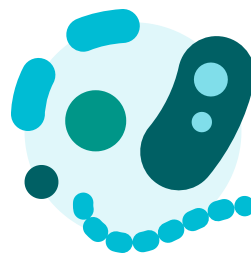
COVER YOUR NOSE AND MOUTH DO NOT TOUCH EYES, NOSE, MOUTH

Anyone older than 2 years must wear a face covering /mask/ hazooria that properly covers the nose and mouth while on Gurdwara premises.



BRING YOUR OWN APP/ GUTKA. BRING EXACT CHANGE FOR GOLAK

Use phone/ tablet apps, or bring your own gutka from home. Refrain from sharing gutka or other musical instruments. Make donations electronically or bring exact change for the golak.

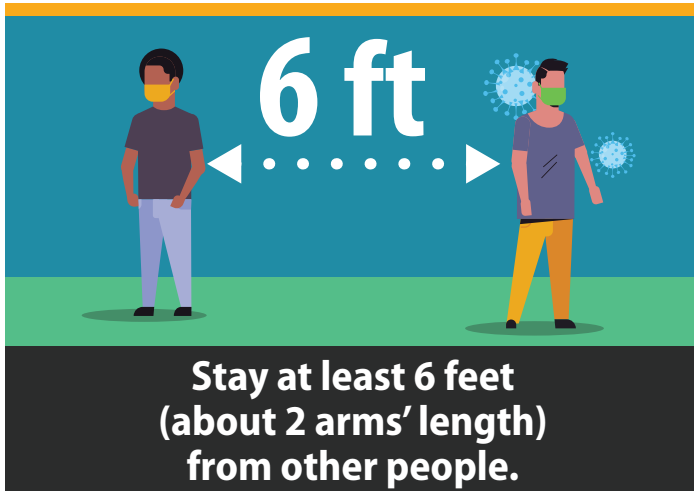


IF COVID-19 POSITIVE, INFORM GURDWARA MANAGEMENT

They can keep your identity confidential while taking the necessary steps to protect the Sangat.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact and stay at least 6 feet (about 2 arms' length) from other people.



Clean and disinfect frequently touched surfaces.



Cover your mouth and nose with a cloth face cover when around others.



Cover coughs and sneezes.

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](https://www.cdc.gov/coronavirus/2019-ncov/protect-yourself.html)



cdc.gov/coronavirus