



# Stop and Ask Yourself



Are you feeling symptoms of anything that could endanger those we care for?

**Please postpone your visit if you have been exposed to Coronavirus (COVID-19) or have felt any of these symptoms:**

- Fever
- Sore throat
- Cough
- Shortness of breath
- A general feeling of being unwell (body aches, chills)
- Diarrhea or nausea
- Respiratory problems

We welcome visitors, but we all need to be particularly cautious when visiting communities. It's possible to spread contagious viruses even if you have no symptoms. As a precautionary measure, everyone entering this community is required to use the sanitizers provided.

**Please do not enter the community if you:**

- Are currently sick or exhibiting signs of fever, cough or sore throat, shortness of breath, respiratory problems, diarrhea, nausea or a general feeling of being unwell.
- Have traveled internationally in the last 14 days to areas with confirmed COVID-19 cases (or have been in close contact with someone who has).
- Have traveled to a high exposure area within the United States in the last 14 days (or have been in close contact with someone who has). Refer to List of Affected Travel Areas.
- Have been in close proximity with someone who is currently sick with COVID-19 or any other respiratory illness within the last 14 days.

**The CDC recommends you safeguard yourself and others, take the following precautions:**

- Cover your nose and mouth with a tissue when you sneeze or cough.
- Dispose of tissues immediately after use.
- Wash hands often with soap and water for 20 seconds, especially after coughing or sneezing. Use hand sanitizer if soap and water is not available.
- Avoid touching your eyes, nose and mouth.
- If you are sick, avoid contact with others so that you do not spread the infection.

