



Living Hope Guidelines for when we gather together:

- If feeling sick or displaying symptoms that may be considered connected with Covid-19 or have been in contact with someone who has travelled in the last 14 days: Please remain home until after the recommended quarantine time of two weeks. These symptoms include:
 - Fever
 - Chills
 - Cough
 - Shortness of breath
 - Sore throat and painful swallowing
 - Stuffy or runny nose
 - Loss of sense of smell
 - Headache
 - Muscle aches
 - Fatigue
 - Loss of appetite

- Before you come, please use the washroom at home as there will likely be no toilet available.

- Cover your face with an elbow when coughing or sneezing.

- Avoid touching eyes and face.

- Do not share food or drink with others.

- Refrain from physical touch of others and ensure physical distancing recommendations of 6 feet are followed.

- Wash your hands with soap and water before and afterward as soon as you are able.

- Wearing a mask is good, but not necessary as long as we are outside and maintain our distance from one another.

- If you, someone who you live with, or someone you maintain close contact with is vulnerable in terms of conflicting health issues, or age, please consider if it would be better to stay home.