Make-A-Wish OREGON

Participants must follow proper **physical distancing** protocols whenever possible, **wash hands** often, avoid touching faces, and **wear masks** when around others. Here are a few general rules we will all be following:

- Go/stay home if you display any symptoms or have been in contact with anyone who has tested positive in the last 14 days. Symptoms for Covid-19 include:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
- Frequent cleaning and sanitizing of all high touch surfaces.
- Wash your hands often for the recommended 20 seconds.
- Access to hand sanitizer and wipes throughout the event for when soap and water are not readily available.
- Please plan to bring your own mask. In the event you forget, a mask will be provided for you.
- Coughing, sneezing and shouting have been shown to increase spread of droplets, use extra care to cough or sneeze into a tissue then throw it away. Shouting or singing is not recommended without a face mask on.
- Spread out at least 6' whenever possible, if there is a crowd avoid that area until it's clear.
- Wear a face mask inside at all times, and outside whenever 6' of distance is hard to maintain. A mask that can be easily pulled up and down will make hiking easier.
- Be considerate of other participants and hotel guests/staff (remember, we're all in this together).
- Eating will take place outside. Please be considerate of the catering staff and each other. Follow all signs and instructions, they are meant for your safety.
    - Meals will be boxed or bagged, if you touch it, take it.
    - Please dispose of your own trash.
    - Wash hands before and after each meal.
    - Meals will be prepacked (excluding Saturday breakfast), please take the correct items that you selected in the questionnaire.