



WELLNESS PROTOCOLS

The Jansen Art Center works to provide a safe and healthy environment for all its visitors. That's why the J enforces our "Wellness Protocols" among guests, staff, instructors and volunteers. All participants must observe the qualifications below regarding visiting the J, or attending a class or open studio session. The J makes every effort to keep staff, instructors and guests safe, and that requires everyone's cooperation and accountability.

As a general rule, if you or your child has a fever or is too sick to attend work or school, you are too sick to visit the Jansen Art Center. Under the discretion of the J, visitors who appear sick may be asked to leave for the health and safety of others.

The following guidelines are more specific and we request that visitors with these symptoms not visit the J:

- Fever
- Flu symptoms (headache, high fever, chills, lethargy, muscle aches, cough, sore throat)
- Upper Respiratory Infections (nasal congestion, runny nose, scratchy throat, painful swallowing, cough watery eyes – with or without fever)
- Cold symptoms (a sneezy and runny cold)
- Diarrhea or vomiting
- Conjunctivitis or "pink eye" infection
- Lice
- Strep Throat (must be on antibiotics for 48 hours before coming to the J.)
- Any of the following contagious diseases: measles, mumps, rubella, roseola, and chicken pox. Children with chicken pox may not come until all of the sores are crusted and there are no new eruptions.

CORONAVIRUS / COVID-19 UPDATE

All Persons will be Expected to Stay Home if:

- You have had a fever within 24 hours or any other **symptoms of Covid-19.**
- Have been tested for Covid-19 within the last 24 hours even if your test was negative.
- You have knowledge of a possible exposure to anyone who has been tested positive with Covid-19. If you are considered a close contact of someone who is suspected to have Covid-19 and you are required to quarantine, according to local health department guidelines.
- You are suspected to have Covid-19 or have been diagnosed with Covid-19 and have not finished your quarantine according to local health department guidelines.



What are the symptoms of COVID-19 infection?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. (Source: World Health Organization)

Protecting Yourself and Others

- Wear a mask covering your nose and mouth. Masks only covering the chin, or face shields are not allowed.
- Regularly and thoroughly wash your hands with soap and water or an alcohol-based hand rub if washing hands is not an option.
- Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.