



Digging⁴Dinner

Day of Class Health Check Guidelines

On the morning of the class please consider these guidelines and opt out of the class if appropriate:

- No one in my party is showing any of the following signs or symptoms (that are not caused by another condition):
 - Shortness of breath or difficulty breathing
 - Fever (temperature of 100.4 or greater) or chills
 - Cough
 - Recent loss of taste or smell
 - Congestion or runny nose
 - Sore throat
 - Muscle or body aches
 - Unusual fatigue
 - Nausea or vomiting
 - Diarrhea
- No one in my party has been in close contact with someone who has tested positive for COVID-19
- No one in my party has been told by a public health or medical professional to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection
- No one in my party has had a positive COVID-19 test for active virus in the past 10 days

Thank you,

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