



COVID Health & Safety Plan

Reach for Resources, Inc. is committed to protecting the health, safety, and well-being of our employees. We are asking employees to continue promoting the health and safety of others. COVID is a disease caused by a virus called SARS-CoV-2. Most people with COVID have mild [symptoms](#), but some people can become severely ill. There is no longer a statewide requirement to wear face coverings in most settings. However, other federal, state, or local laws may require face coverings in some settings and businesses may set their own requirements.

We try to follow the CDC guidelines and to protect yourself and others, they recommend:

- Get Vaccinated and stay up to date on your [COVID-19 vaccines & boosters](#)
 - COVID-19 vaccines are effective at preventing you from getting sick. COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death.
 - Getting vaccinated is the best way to slow the spread of SARS-CoV-2, the virus that causes COVID-19.
 - CDC recommends that everyone who is eligible [stay up to date on their COVID-19 vaccines](#).
- People may choose to mask at any time:
 - Wear a mask with the best fit, protection, and comfort for you.
 - If you are sick and need to be around others, or are caring for someone who has COVID-19, wear a mask.
 - If you are at increased risk for severe illness, or live with or spend time with someone at higher risk, speak to your healthcare provider about wearing a mask
 - People who have a condition or are taking medications that [weaken their immune system](#) may not be fully protected even if they are up to date on their COVID-19 vaccines. They should talk to their healthcare providers about what additional precautions may be necessary.
 - Do not wear a mask when doing activities that may get your mask wet, like swimming at the beach or pool. A wet mask can make it difficult to breathe and may not work as well when wet
- **Masks** are welcomed but not required at indoor adaptive recreation programs and inclusions.
- **Events:** All indoor and outdoor social gatherings and programs are allowed.

Covid-19 Adaptive Recreation Guidelines

While meeting, MN Department of Health and Center for Disease Control guidelines do need to be followed. Please read the guidelines below for details of attending an in-person program. It is crucial we continue to take steps to slow the spread of COVID-19 and to collectively protect our community. COVID-19 is a highly contagious disease that can be fatal, especially for those with underlying health conditions. *We do not recommend that you attend if you are in the high-risk category for contracting COVID-19. All participation is at your own risk.*



- **Registration:**
 - Participants must pre-register for all classes unless noted that drop ins are available in the newsletter.

- **Before you attend:**
 - Take the at [Home Screening Tool](#)
 - Be sure to follow the [quarantine and isolation recommendations](#) by the CDC if you've had a potential exposure
 - If you have any [symptoms](#) consistent with COVID-19, please stay home, stay away from other people, and contact your health care provider
 - Bring a mask if you would like to wear one

- **When you arrive:**
 - Do not arrive more than 10 minutes prior to your class time
 - Wear a mask covering nose & mouth if you would like to, but it is not required.
 - Use hand sanitizer (supplied on site)
 - Seat yourself in a place where you are comfortable

- **During class:**
 - Wear a mask covering nose & mouth if you would like to, but it is not required.
 - Practice social distancing when appropriate
 - Do not touch your face
 - Cover coughs and sneezes into your elbow, not into your hand or out in the open
 - Hand sanitize as needed
 - Please depart the area at the conclusion of class

- **After class:**
 - If you experience any symptoms of COVID-19 contact your health care provider
 - If you need to get a COVID-19 test due to exposure or symptoms, please do not attend any classes until after you have a negative test result
 - If you do receive a positive COVID-19 test, please call or [email Emily](#) at Reach so we can assist with contact tracing. 952-393-5880

If you get Covid-19 or are potentially exposed, please follow the CDC Guidelines regarding isolation, quarantining, and masking: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>