



## In Case of Illness

Working together, let's keep everyone healthy and safe during Seminar. COVID and other infectious illnesses can pose a significant health risk to some of our members. As a community, we are all responsible for taking steps to protect one another and reduce spread of illness.

- Keep up to date with the vaccination/booster schedule recommended by your primary care provider. Note that many vaccines require several weeks to be fully effective, so discuss options with your primary care provider for getting your vaccine(s) early if you are due for updates during the Seminar window or shortly thereafter.
- Please DO NOT attend Seminar if you have been diagnosed, tested positive, or have symptoms of a serious infectious disease, such as COVID, RSV, flu, measles, or whooping cough.

If you become sick during Seminar, please:

- Do not come to the registration desk in person.
- Notify our seminar's registrar, Liesbeth Matthieu, by texting her at 415-302-1210. We will notify the teacher in your class.
- Isolate yourself in your room.
- Notify your roommate.

When we are notified that someone tested positive for COVID or another infectious disease, we will send an email notification to all in-person Seminar participants so that they can take precautions to protect themselves. To ensure privacy, names will not be shared.

Because we are in close quarters with one another in classrooms, banquets, during meals and other group activities, the seminar committee is offering the following suggestions:

- If you feel that you are at higher risk, bring and wear a mask during activities involving close proximity to others.
- Contact your doctor for a prescription to shorten the severity and duration of COVID