

Covid guidelines: GRAC follows all current state, local and Centers for Disease Control and Prevention guidelines for COVID-19 prevention. All Birdathon participants must adhere to the guidelines – including but not limited to:

- 1) Social distancing (stay 6 feet apart), and
- 2) Masking requirements – with the more easily spread virus variants (“mutants”) it is recommended to layer 2 masks that fit our face well so viruses can’t get around or through the mask when you breathe, and
- 3) Even if you have been vaccinated and you feel fine, you could be carrying a virus or mutation that could infect someone else. So remember to continue wearing your mask when with people not from your household, and
- 4) If you have been exposed to someone with a Covid diagnosis you need to protect others by quarantining yourself from others for 14 days after the exposure and monitor for symptoms.
- 5) THANKS!!!