

MissionPREP Health Protocol

As we look forward to spending time together in a community of adults and children, we endeavor to live responsibly while considering one another's needs.

We have set in place the following protocols in order to reduce the potential spread of contagious illnesses during the program.

1. Please ensure you wash your hands or use sanitizer before class, meals and snacks. Hand sanitizer will be at the start of the buffet line.
2. Try to avoid touching your face.
3. Rapid antigen tests for covid-19 are available from us if you request them.
4. The following questions should be used as a daily health self-assessment.

Daily screening for illness at MissionPREP Courses

A) Do you or your child have any one of the following symptoms? **Yes/No**

- Fever greater than 37.8 degrees or chills?
- Cough or barking cough?
- Shortness of breath?
- Vomiting
- Decrease or loss of sense of taste or smell?

B) Do you or does anyone in your household have 2 or more of these symptoms? **Yes/No**

- Sore Throat or difficulty swallowing?
- Headache?
- Extreme fatigue?
- Runny nose or nasal congestion?
- Muscle aches or joint pain?
- Gastrointestinal symptoms such as nausea or diarrhea?

If 'YES', to A or B, stay home and isolate until you no longer have a fever or vomiting for 24 hours and your other symptoms have subsided for at least 24 hours. When you return to class please wear a mask until all symptoms are resolved.

If you have any questions or concerns about this policy, please contact Ken Benson (416-884-6514 kbenson@outreach.ca)