## IMPORTANT POINTS TO ACKNOWLEDGE AND BE REMINDED OF

* All staff who are working with people are an extension of their health and safety.
* Anything that we choose to do that interacts with others in the community will put the people we support at greater risk.
* There is no vaccine or rapid testing. Currently, our best defense is universal precautions.

## TIPS FOR COMMUNITY INVOLVEMENT

* **All Community Involvement:**
  + Choose and limit 2-3 households to be the people you choose to spend time with outside of the people you live with. Consider who they may be spending time with. The goal is to limit exposure.
  + Delay what you can.
  + Wear a mask when possible; don’t touch your mask or face.
  + Practice excellent hand hygiene.
  + Practice social distancing of 6 ft. or more.
  + Spend time outdoors rather than inside.
  + Bring disinfectant and hand sanitizer and use often.
  + Consider downloading the Care19 app or keep record of a contact diary.
* **Travel:** The CDC, national, and state government are still recommending *essential* travel only. What is the purpose of your trip? Can this trip be delayed for another time? Check the status of your destination. Is it a hot spot? Please discuss travel plans outside of Dickinson with Lead Support Coordinator or Health Services Coordinator.
  + Limit stops. Bring snacks along rather than stopping for snacks.
  + Fuel up with gas before you leave. Can the trip be made without stopping at all?
    - If needing to stop for fuel, choose less populated areas.
* **Dining Out**:
  + Avoid bars. Consider avoiding alcohol consumption at any public establishment. How well will you problem solve and remember social distancing if intoxicated? How well will others respect this of your space if they too are intoxicated?
  + When going to a restaurant, avoid rushes. Eat earlier than the rush or much later. If early, don’t stay for the entire rush.
  + Consider picking up food and taking it to your home.
  + Use debit/credit instead of cash and sanitize it when done.
* **Personal Care Services** (hair, nails, massage)**:**
  + Can the professional wear a mask?
  + You should wear a mask when possible.
* **Gym:**
* Clean machines before and after you use them.
  + Bring a towel from home to wipe your face. KEEP IN MIND HOW OFTEN YOU TOUCH YOUR FACE.
  + Drink a lot of fluids to keep your mouth clear of germs from sweat.
  + Give plenty of space between you and the next person during classes; choose outdoor classes instead. Don’t go during high traffic times.
* **Sports:**
  + Golf: relatively safe. Sanitize carts when possible. Social distance.
  + Fishing: relatively safe. Don’t fish with multiple people. Social distance from shore or other boats.
  + Contact sports or sport that involves more than 3 people, such as 3 on 3 basketball, slow pitch softball, league sports: AVOID.
* **Parks:**
  + Use disinfectant wipes and hand sanitizer frequently.
* **Church:**
  + Give yourself plenty of space between you and the next person in the pew.
  + Don’t use physical contact to greet others.
* **Camping/Hiking:**
  + Primitive camping only with household not on a campground: safe
    - Consider short trips due to lack of clean water.
  + Campground camping
    - Social distance with other campers
    - Avoid alcohol
    - Consider lack of clean water; take shorter trips
    - Avoid public shower facilities
* **Blood donation/Medical Appointments:**
  + Wear a mask, practice good hygiene
* **Shopping:**
  + Purchase online when possible
  + Avoid wandering/malls; get in and get out with what you need
* **Events with more than 10 people present:**
  + Discuss with your supervisor
* **Volunteer opportunities:**
  + Discuss with your supervisor