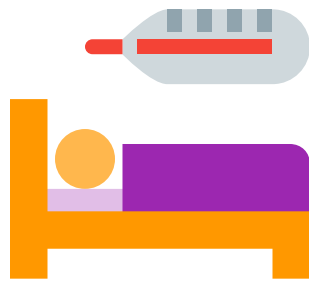


# 6 Suggestions for Sangat Safety



## STAY HOME AND ATTEND VIRTUAL DIWAN IF SICK

In the last 14 days, if you or any household member has had fever, cough, difficulty breathing, body aches, fatigue, new loss of taste/smell, you should stay home and contact your health care provider.

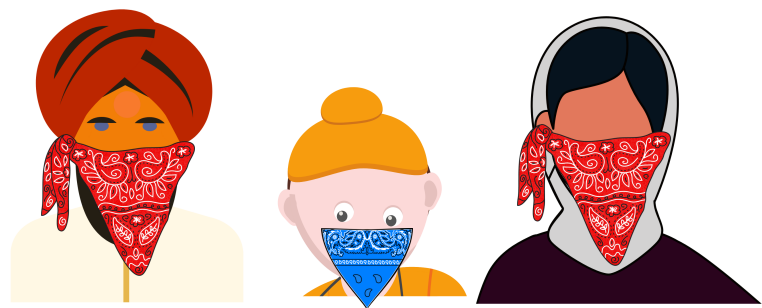
## WASH /SANITIZE HANDS OFTEN COVER COUGH/SNEEZE WITH TISSUE

Wash your hands with soap and water for 20 seconds upon entering Gurdwara and before doing any Seva. If unable, use hand sanitizer. Cover your cough/sneeze with a tissue, then throw the tissue in the trash and wash your hands.



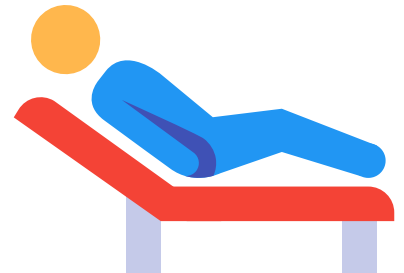
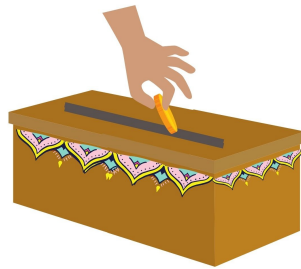
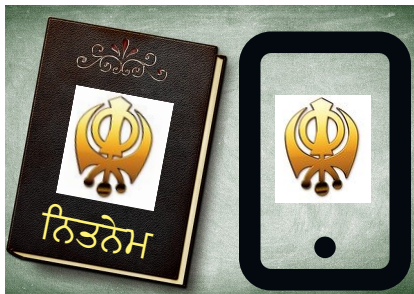
## MAINTAIN PHYSICAL DISTANCING

Stay at least 6 feet or 2 meters away from others at all times. This includes matha tek line, Diwan, Langar, casual conversation etc. Avoid Handshakes, hugs etc.



## COVER YOUR NOSE AND MOUTH DO NOT TOUCH EYES, NOSE, MOUTH

Anyone older than 2 years must wear a face covering /mask/ hazzoria that properly covers the nose and mouth while on Gurdwara premises.



## BRING YOUR OWN APP/ GUTKA. BRING EXACT CHANGE FOR GOLAK

Use phone/ tablet apps, or bring your own gutka from home. Refrain from sharing gutka or other musical instruments. Make donations electronically or bring exact change for the golak.

## IF COVID-19 POSITIVE, INFORM GURDWARA MANAGEMENT

They can keep your identity confidential while taking the necessary steps to protect the Sangat.