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**
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.

**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.

**COVER YOUR NOSE AND MOUTH**
Anyone older than 2 years must wear a face covering/mask/hazooria that properly covers the nose and mouth while on Gurdwara premises.

**DO NOT TOUCH EYES, NOSE, MOUTH**

**IF COVID-19 POSITIVE, INFORM GURDWARA MANAGEMENT**
They can keep your identity confidential while taking the necessary steps to protect the Sangat.

Adapted from the CDC for cdc.gov/coronavirus