



Operation Hammond First Response Inc.

COVID19

coronavirus

Convention Wellness Guide Tips for Staying Healthy

IF YOU'RE SICK: PLEASE, STAY HOME

We LOVE seeing our volunteers and fans, but **if you're sick? Please, stay home.**



If you're worried about your con-membership, ask the staff if you can transfer it to next year! They'd rather you not get everyone sick too!

People who have **compromised immune systems** or existing **respiratory illness** should **ESPECIALLY stay home.**

HANDS? THEY'RE GROSS.

Cover your mouth and nose into the crook of your elbow or with a tissue when you cough or sneeze, **not your hands.**

Throw used tissues into a lined trash can and

WASH YOUR HANDS WITH SOAP AND HOT WATER.



*Keeping your hands clean can prevent you from getting sick. Even if you're not sick, **keep your hands off your face!***

COMMON AREA-CRUD PREVENTION

Unless you or someone near you is allergic, **Lysol or other disinfectants are your best friends.**



Frequent sprays of common surfaces can stop the spread of disease. Bringing your own supply of tissues & pens can help too!

Common surfaces include: counters, doorknobs, steering wheels, screens on electronic devices, etc.

HOTEL ROOM SANITATION

Try not to share beds! Do not leave toiletries in the bathroom.

Toothbrushes should be cleaned between uses. *These are your friends; you don't want them sick too!*



1ST GO HOME

If you can.

2ND Get MEDICAL ATTENTION

IF YOU GET SICK WHILE AT A CONVENTION

Avoid public areas, where possible, to ensure it doesn't spread. While we'll miss you, we'd rather you not make everyone else sick too.

It is always better to be safe than sorry!

REMEMBER:

FACE MASKS WORK BEST WHEN WORN BY MEDICAL PROFESSIONALS, AND THOSE WHO ARE ALREADY SICK. *Wearing a facemask while healthy does not adequately prevent spread of disease. If you think you're sick (but still need to be in public areas), wear a mask and protect those around you! Please understand that*
MASKS WILL NOT BE PROVIDED BY OPERATION HAMMOND OR THE CONVENTION.

*Try and bring a few masks and hand sanitizer if you can. **COME PREPARED.***