



Operation Hammond First Response Inc.

COVID-19

Convention Wellness Guide

Tips for keeping yourself and others healthy

With conventions returning to the U.S., COVID-19 is a top concern. Conventions are known for tight quarters, crowded walkways, and dubious hygiene (a.k.a.: “Con Crud”). Operation Hammond wants to ensure that your convention experience is both fun and safe. In response to your questions, here is important information about COVID-19 to help you stay safe and protect others.

COVID-19 is not the flu and it is not a hoax. In 2020, COVID-19 was the 3rd leading cause of death in the U.S. Please take this virus seriously, and remember that you may meet people who have been tragically affected by the pandemic.



Symptoms of COVID-19 include:

- Shortness of breath
- Fever
- Cough

It can take 2 - 14 days to show symptoms after exposure.



It is possible to carry

COVID-19 asymptomatically.

This means you are contagious and can pass the virus to others, but you have no symptoms.



COVID-19 is transmitted via particles from your breath. Wearing a **quality face mask securely over your nose and mouth helps** trap particles and lower the risk of infecting others.

COVID-19 Vaccination Record Card

Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

Vaccine	Product Name/Manufacturer Lot Number	Date	Healthcare Professional or Clinic Site
1 st Dose (COVID-19)		MM/DD/YYYY	
2 nd Dose (COVID-19)		MM/DD/YYYY	
Other		MM/DD/YYYY	
Other		MM/DD/YYYY	

What if I'm fully vaccinated?

First of all, congratulations! Secondly, keep your CDC Vaccination Record Card with you when you travel. Remember to save a copy of the card. To attend a convention, you may be required to show proof of vaccination. Getting vaccinated is safe, free, and provides excellent protection for you and everyone around you against COVID-19.

WHAT IS COVID?

Coronaviruses are a large family of viruses. Some cause illness in people and others circulate among animals. COVID-19 is a disease caused by a coronavirus that had not previously been seen in humans before 2019. Because it is a relatively new virus, scientists are learning more each day.

Although most people who get COVID-19 have mild symptoms, **COVID-19 can also cause severe illness and death.** Some groups, including **older adults and people who have certain underlying medical conditions, are at increased risk of severe illness.**

People of any age, even healthy young adults and children, can get COVID-19. People who are older or have certain underlying medical conditions are at higher risk of getting very sick or dying from COVID-19; it can also cause **long-term damage to your lungs, heart, brain, and more.**

Some of the medical conditions that cause increased risk of severe illness or death include **asthma, pregnancy, lung disease, obesity, cardiovascular disease, diabetes, transplant patients, cancer patients, and many more.**

For more information, please visit the CDC's website at: www.cdc.gov/coronavirus



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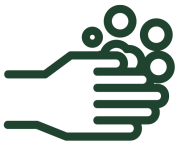
Operation Hammond always seeks to inform and educate. The tips below - along with a healthy dose of common sense - will help you avoid getting sick. We want you to have fun, but first we want you to stay safe.



Feeling sick? Please stay home

We LOVE seeing our volunteers and fans, but we love even more when they're healthy and safe. If you're sick, or if you have a compromised immune system, please: stay home.

If you're worried about your convention membership, ask the staff about the Con's transfer policy.



Cover your mouth and keep those hands clean!

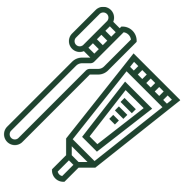
Coronavirus travels via droplets from your breath. Cover your mouth and nose into the crook of your elbow or with a tissue when you cough or sneeze, not your hands. Throw used tissues into a lined trash can and wash your hands with soap and hot water. Keeping your hands clean can prevent illness in you and others. 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, electronic device screens, 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!

IF YOU GET SICK WHILE AT A CONVENTION

FIRST

Go home as soon as you can. If you can't leave, avoid public areas as much as possible to limit the risk of spreading any viruses. We'll miss you, but we want you and everyone else to stay healthy!

THEN

Seek professional medical attention. It is always better to be safe than sorry!

Remember: Observe the convention masking policy at all times. When worn properly, face masks are very effective at preventing the spread of disease. However, they aren't 100% effective. If you think you are sick (but still need to be in public areas), wear a mask and protect those around you!

Be Prepared: Bring several face masks with you and change them regularly. Masks may not be provided by Operation Hammond or the Convention. Thank you for your understanding.



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Keep yourself healthy.

Give your immune system all the help you can. If you are not sleeping, eating, or hydrating well, or if you aren't keeping good hygiene, it's more likely you might fall ill.

Aim for 8 - 3 - 1



8 HOURS OF SLEEP



3 NUTRITIOUS MEALS



1 SHOWER / BATH



Get vaccinated against COVID-19 and get your annual flu shot, too!

All the COVID-19 vaccines currently approved by the FDA are safe and highly effective at preventing serious illness, hospitalization, and death from COVID-19.



Postpone the free hugs and respect personal space.

Remember: Not everyone may be comfortable with close contact, even those who are fully vaccinated. Vaccinated people might carry COVID-19 asymptotically, and minimizing close contact helps prevent the spread of the virus or other diseases that might severely affect high-risk individuals.

Wash your hands!



You know the drill by now. In addition to COVID-19, keeping your hands clean and avoiding touching your face is a good practice any time you're in public spaces.

For more information about COVID-19, visit the CDC website: www.cdc.gov/coronavirus

Contact Operation Hammond with questions at info@operationhammond.com