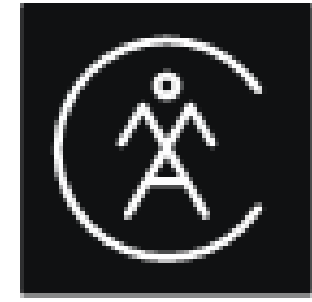


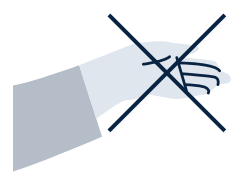
Help Keep AMC Healthy!



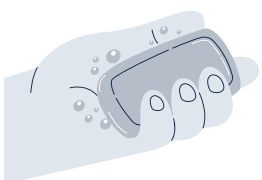
Get vaccinated

The CDC recommends that eligible people get vaccinated against COVID-19

Practice good hygiene



Stop hand shakes and hugs and use **non-contact greeting methods**



Wash your hands often



Disinfect surfaces in communal areas daily



Cover your coughs and sneezes



Increase ventilation by opening windows and doors

Go outside

Limit indoor face-to-face gatherings

When going outside isn't possible, meet in **well-ventilated rooms and spaces**

Take a step back and give people 6 feet of personal space whenever possible



Do not work or volunteer if you have signs and symptoms of COVID-19

If you are **feeling sick**:

- Notify your manager or leadership@outdoors.org
- Seek **COVID-19 testing**

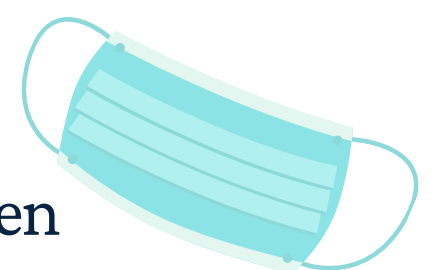


Wear a mask

AMC Staff and Volunteers **are required to wear a face-covering** when indoors in areas of substantial or high community transmission

Wear a mask in shuttles and when carpooling

Consider wearing a mask anytime you go indoors in the local community



SOURCE: CDC.GOV

updated 8/19/21