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