

Naturally Meramec Consortium Speed-Date

Health & Safety Plan

Heartland Farms is a 3,500 square feet facility with room to spread out. Speed Date tables will be placed at least 6-feet apart to allow social distancing.

All guests will enter the venue using the main entrance of Heartland Farms. Hand sanitizer will be available at sign in and will be provided throughout the event.

Guests will be provided a pen to keep when signing in.

Masks will be available and encouraged if social distancing cannot be achieved.

Volunteers will be encouraged to wear masks during the event, when they are unable to social distance.

All guests will be encouraged to maintain 6' social distancing between individuals or groups. Physical contact with other guests is discouraged.

CDC Guidance:

As of the date of this publication, and subject to change, the Center for Disease Control (CDC) advise that people with COVID-19 may have symptoms ranging from mild to severe illness. Symptoms typically appear **2-14** days after exposure to the virus. If you have or notice any of the following symptoms, please **STAY HOME!**

- Fever
- Cough
- Shortness of Breath
- Fatigue
- Nausea
- Persistent Chest Pain
- Inability to Stay Awake
- Chills
- Shaking with Chills
- Muscle / Body Aches
- Congestion
- Diarrhea
- New Confusion
- Blush Lips or Face
- Headache
- Sore Throat
- Loss of taste or smell
- Runny Nose
- Trouble Breathing
- Inability to Wake
- Vomiting

The CDC has provided the following control and preventative guidance to all, regardless of exposure risk:

- Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol.
- If you need to sneeze or cough, please do so into a tissue or your elbow
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Follow appropriate respiratory etiquette, which includes covering your mouth and nose or using the inside of your elbow for coughs and sneezes.
- Avoid close contact with people who are sick.

Volunteers and guests will be asked the following questions upon arrival.

- **In the last 14 days have you had a fever or chills, cough, shortness of breath, sore throat, muscle or body aches, headache, new loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea, and/or fatigue?**
- **In the last 14 days, have you had close contact (been within 6 feet for 15 minutes) with a suspected or laboratory confirmed COVID-19 patient?**
- **In the last 14 days, have you traveled to areas where community transmission of COVID-19 is widespread?**

Anyone answering yes to any of these questions will be asked to not participate in this event.