



Nature Connection Guide

COVID-19 Health Screening and Protocol

Nature Connection Guide is following the Vermont Department of Health [website](#) and the US Center for Disease Control [website](#) for current information. For today's updates on the situation in Vermont, click [HERE](#). For future updates for Vermont, check [HERE](#).

Health Screening for employee/volunteer/participant for Nature Connection Guide Forest Bathing walk. If the answer is “yes” to any of the these questions, the participant cannot attend the event.

1. In the last 24 hours, have you experienced:

- Cough
- Shortness of breath or difficulty breathing

2. In the last 24 hours have you experienced at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste/smell?

3. In the past two weeks have you or someone you've been in close contact with traveled to a county outside of Vermont with 400 or more active cases of COVID-19 per one million residents?

(See map of counties labeled yellow or red: <https://accd.vermont.gov/covid-19/restart/cross-state-travel>)

- If yes: Have you/they completed the required 14-day self-quarantine (or 7 day self-quarantine followed by a negative COVID-19 test result)?

Hand Washing/Personal Hygiene

· Participants must wash hands with soap and water for at least 20 seconds before departing for the event. *****Hand washing sinks will not be available at most walk locations.** Please bring your own hand sanitizer and avoid touching your face.

Travel

- Do NOT ride to and fro the event with people not in your trusted “pod”. If you must, take separate vehicles.

Physical Distancing and PPE

- All NCG staff, volunteers and participants must stay at minimum 6-10 ft apart throughout the walk unless you are with someone in your pod.
- Please bring and use your own mask to the event and carry it with you at all times.
- Participants cannot attend the event without a mask. Cloth masks must be worn when you are 6ft or less in distance from another person AND while in group circles even if you are more than 6ft apart.