



**North East Westchester Special Recreation, Inc.**

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**North East Westchester Special Recreation, Inc.**  
**2020 COVID-19 Precautions and Safety Guidelines**

All participants will need to have a signed Coronavirus/COVID-19 on file in order to participate in any North East Westchester Special Recreation program. Please sign and return the Waiver form to North East by/on first day of registered program.

Participants are to adhere to the following actions steps if COVID-19 symptoms are present or COVID-19 is confirmed:

**Common COVID-19 Symptoms:**

- Cough       Shortness of breath or difficulty breathing       Fever       Chills
- Muscle pain       Sore throat       New loss of taste or smell       Nausea       Vomiting
- Diarrhea       Skin rash       Redness of eyes       Loss of appetite       Fatigue
- Abdominal pain

**If your child presents any symptoms or has a temperature, do not bring your child to program.** Please notify North East staff of your child’s symptoms immediately. It is strongly recommended to have your child evaluated by a licensed healthcare provider prior to returning to program. Participants presenting any symptoms of illness can return to program when symptom free for 24 hours.

If your child presents any symptoms or has a temperature while at program, your child will need to be isolated from others, while remaining supervised by staff. You will be required to promptly pick up child.

If your child has confirmed COVID-19, notify North East to report. All parents will be notified of confirmed case without disclosing identity of individual.

North East is required to notify Department of Health within 24 hours. DOH will conduct all follow-up with symptomatic/confirmed COVID-19 parents of symptomatic participants. This may include contact tracing, testing recommendations and determining when it is safe to return to program.

# COVID-19 In Plain Language

## What is COVID-19 or the new coronavirus?

It is a new virus making people sick all over the world, including here in New York State.



## How do you get the coronavirus?

Someone that has the coronavirus gives you their germs when they cough or sneeze. Their germs then get into the air, on you, and on things. Germs get into your body through your mouth, nose, and eyes.

**Avoid touching your face, eyes, nose, and mouth**



## How can you keep yourself from getting the coronavirus?

### You should:

- Wash your hands often with soap and water for at least 20 seconds, especially before and after eating, after using the restroom, after coughing or sneezing, and after touching surfaces.



- Don't touch your eyes, nose, or mouth with unwashed hands.
- Stay away from people who are sick.
- Cover your mouth when you cough. Sneeze using a tissue and then throw it away into a closed container.

- Regularly clean surfaces and objects in your home.

## Stay Inside! If you must go outside:

- You must cover your nose and mouth with a cloth or a mask when you leave your house and will be around other people.
- Avoid close contact with people. Keep a distance of at least 6 feet.
- Avoid games and activities that have close contact.
- Avoid surfaces and objects that get touched a lot. This includes store countertops or playground equipment like slides and swings.
- Wash your hands with soap and water for at least 20 seconds when you return indoors.

## How will I know if I have the coronavirus?

### The coronavirus may cause:

- Cough
- Fever
- Trouble breathing



Symptoms may appear in as few as 2 days or as many as 14 days after you catch it. Just because you have these symptoms doesn't mean you have the coronavirus.

You could have a cold or the flu.

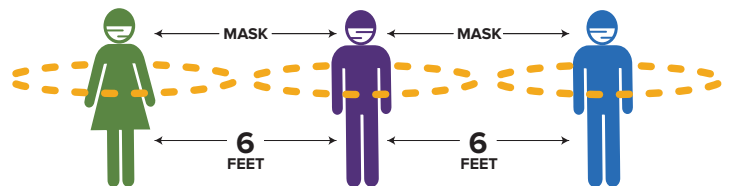
### If you are sick:

- Call your doctor. Do NOT go to a hospital or an urgent care center.
- Stay away from others. If you have a separate room you can stay in and a separate bathroom you can use, that is best.
- Wash your hands with soap and water.
- Avoid sharing personal items.

## If you have had contact with someone who is sick in the last 14 days:

- You should stay home.
- You may enjoy spending time in your own backyard or other personal outdoor space but you should not go into public outdoor spaces.

## Keep a distance of at least 6 feet - wear a mask



## If someone you live with gets sick:

- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.

## How do I say hello to my friends?

Text, call, video chat, or send a message.