PROTECT YOURSELF & OTHERS FROM COVID-19

**DO:**
- Shower before entering the pool.
- Stay at least 6 feet away from others to maintain social distancing.
- Keep your hands clean by washing hands with soap and water, especially after going to the bathroom, before eating, after blowing your nose, coughing, or sneezing.
- Wear face coverings except in the pool or exempted by the Health Officer.

**DO NOT:**
- Visit the pool or other public areas if you are sick with COVID-19, were recently exposed within 14 days to someone with COVID-19, or are experiencing any of the following symptoms:
  - Fever
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell
- Gather in a large group

STAY INFORMED WITH THE SOCIAL DISTANCING PROTOCOL
San Mateo County COVID-19: smchealth.org/coronavirus
COVID-19 Hotline: Dial 211

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