

SWIMMING GUIDELINES FOR POOL USERS

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, and after blowing your nose, coughing, or sneezing

DON'T:

- Visit the pool or other public areas if you are sick with COVID-19, were recently (within 14 days) exposed to someone with COVID-19, or just don't feel well
- Visit the spa or hot tub
- Gather in large groups

STAY INFORMED WITH THE FOLLOWING RESOURCES:

- Centers for Disease Control and Prevention (CDC):
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Shasta Ready- COVID-19: <https://www.co.shasta.ca.us/covid-19/overview>
 - COVID-19 hotline: (530) 245-7894