

FCM HEALTH PROTOCOLS

FCM welcomes all individuals to attend our events in person. We do want to protect the health of all members of the community; therefore we continue to practice the following preventive public health measures as per CDC guidelines.

Please stay home if you:

- Feel sick with a cough, sore throat, fever, trouble breathing, tiredness, muscle aches, or loss of taste or smell. These could be signs of a respiratory illness such as the flu, COVID-19, or RSV.
- Recently tested positive for COVID-19.

Return to usual activities when:

- symptoms are improving overall, AND
- you have not had a fever for at least 24 hours, even without taking medications.

For 5 days after feeling better and return to normal activities, help keep everyone healthy by:

- wearing a mask, especially indoors around others
- keeping a distance: giving others some extra space
- washing hands often
- helping us keep surfaces clean
- using hand sanitizer or washing hands before going through food lines

FCM continues to offer many programs online. As a Dharma community, we practice interbeing, meaning we are committed to supporting the well-being of ourselves and of each other. We ask everyone to monitor their own health and take steps to prevent spreading passable illnesses.

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