### Safer Participation during COVID-19

**During**
- Wear a non-medical mask.
- Maintain a distance of 2 metres.
- Shouting may spread droplets – consider other instruments for making noise.
- Clean your hands regularly.
- Avoid sharing with others (food, water, posters, etc.)

**After**
- Remove and wash your clothes immediately.
- Shower as soon as you can.
- Disinfect any materials that you carried.
- Monitor yourself for symptoms of COVID-19 and go for testing if needed.

### Stay home if:
- You are sick or experiencing symptoms of COVID-19.
- You have a pre-existing condition
- You are in an at-risk group for COVID-19.
- You are in close contact with high-risk individuals.

*Stay home if you’re not well. Stay safe. Stay positive!*