

COVID-19 (Novel Coronavirus)

Risk Reduction Behaviors

Exercise and social interaction help to boost your immune system, but they do provide an opportunity for viral spread. Here are some tips for keeping you and your fellow dancers safe.

Wash your hands thoroughly (minimum 20 seconds) with soap and water

When you arrive at the dance

Before you snack

After toilet use

At the end of the evening



Keep your hands away from your face

Cough and sneeze into your elbow or shoulder

We love to see you at the dance, but stay home

If you have a fever or body aches

If you have mild symptoms such as headache or runny nose and have recently visited an area with active spread

If you're caring for an ill family member

References

- [who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)
- [cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html](https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html)
- health.maryland.gov/coronavirus

Your organizers will follow the recommendations of local health officials; event cancellations will be posted on the BFMS website and Facebook.