

# If You Are Not Feeling Well . . .

Please do **NOT** come to the Dharma Center if you are sick with a fever or cough or shortness of breath.

The Centers for Disease Control and Prevention (CDC) recommend that the sick stay home if they are sick with illness: cough, shortness of breath or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating) or have any symptoms of respiratory illness. This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen). **Please know that even mild symptoms can be a sign of illness.**

**In addition, please consider NOT coming to the Dharma Center if you have travelled to a known COVID-19 hot spot in the last 24 days.**

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Thank you for helping to keep our community healthy!