

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 individuals 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 do **NOT** come to the Dharma Center if you have travelled to a known COVID-19 hot spot in the last 24 days.

Thank you for helping to keep our community healthy!

Symptoms Novel Coronavirus 2019-nCoV

