

QGPC WORKSHOP SOCIAL DISTANCING GUIDELINES

The Quilter's Guild of Parker County will follow our state guidelines as listed below regarding COVID-19 and safe practices.

Specifics for QGPC Workshops

- Attendance is limited to 30 people – registration is required. Please send an email to Rex Shrauner (wreckser@hotmail.com) to reserve your space. A waitlist will be maintained.
- Masks are required while moving around. You do not have to wear your mask while seated at your workstation.
- The Guild will have hand sanitizer and sanitizing spray available. Be sure to bring your own if you have allergies or other sensitivities.
- **Please DO NOT ATTEND if you feel ill, have been in physical contact with an ill person within the last two weeks, or are included in a high-risk group.**
- We will be taking attendees' temperature the first time you enter the room.
- Gentle reminders for mask usage and social distancing may be given when needed.
- Please do not bring homemade food items to share - If you wish to share, prepackaged snacks are fine.

BEST PRACTICES TO PROTECT YOURSELF AND OTHERS:

Wash your hands often:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

It's especially important to wash:

- Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
 - **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- Inside your home: Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.

- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
 - > Remember that some people without symptoms may be able to spread virus.
 - > Stay at least 6 feet (about two arms' length) from other people.
 - > Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover your mouth and nose with a mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue or use the inside of your elbow when you cough or sneeze. Do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect** frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants will work.