



## MANITOBA ABORIGINAL SPORTS & RECREATION COUNCIL COVID-19 PROTOCOL

We ask that you do not attend if you or anyone in the household is sick or have any of the following symptoms:

- fever
- dry cough
- tiredness
- sore throat
- diarrhea
- conjunctivitis
- headache
- loss of taste or smell
- a rash on skin, or discoloration of fingers or toes
- difficulty breathing or shortness of breath
- chest pain or pressure
- loss of speech or movement

If you've been exposed to anyone who has tested positive for COVID19, please do not attend.

If you test positive for COVID-19 with 5 days of participating in one of our programs, please let MASRC staff know.

*All programs will be dependent on COVID-19 guidelines and health regulations.*

**We thank you for your anticipated cooperation!**