How can I protect myself and others while at an event?

Regardless of any other circumstances, it is still cold and flu season and the best way to prevent illness is to avoid being exposed to viruses. We ask everyone to exercise discretion.

Wash your hands frequently using soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains 60%–95% alcohol.

Maintain social distancing of at least 3-feet (1-meter) between yourself and others, especially anyone who is coughing or sneezing. We know that connecting with colleagues is a significant reason that you choose to participate in our events, but consider alternatives to handshakes, fist-bumps, high-fives, hugs, etc.

Avoid touching your eyes, nose, and mouth to prevent transfer of viruses to areas where they may enter your body.

Clean frequently touched objects like your mobile phone and laptop/tablet with antibacterial cleaner or wipes.

Cover coughs or sneezes with a tissue, then throw the tissue in the trash.

Seek medical attention early if you have a fever, cough, or difficulty breathing. Tell your health care provider if you have travelled (or if you have been in close contact with someone else who has travelled) to an area where COVID-19 has been reported and you have respiratory symptoms.

You are encouraged to always exercise healthy travel habits and to follow guidance issued by official sources of public health and travel safety information, including:

Centers for Disease Control and Prevention (CDC)

World Health Organization (WHO)

U.S. Department of State