

COVID-19 Novel Coronavirus

Risk Reduction Behaviors

Exercise and social interaction like dancing are healthy pursuits, but they do provide the opportunity for viral spread. Here are some tips for keeping you and your fellow dancers safe:

- Wash your hands thoroughly (minimum 20 seconds) with soap and water:
 - When you arrive at the dance,
 - Before and after you snack,
 - After restroom use,
 - At the end of the evening.



- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wear your dancing gloves.

We would love to see you at our dance, but please stay home if:

- You have a fever, body aches, or a persistent cough;
- You have mild symptoms such as a headache and runny nose and have recently visited an area with known active spread; or
- You are caring for an ill family member.

Event Cancellation

Our organization will follow the recommendations of local health officials. If a dance must be cancelled due to closure of the Herndon Senior Center or other reason, we will notify you by email and our website, theleesburgassembly.org.

Further Information

For more information specific to the COVID-19 virus, including advice on prevention and care, visit:

- [Centers for Disease Control & Prevention](https://www.cdc.gov) (CDC)
- [Virginia Department of Health](https://www.vdh.virginia.gov)
- [Fairfax County Department of Health](https://www.fairfaxcounty.gov/health)
- [World Health Organization](https://www.who.int) (WHO)