



I PLEDGE MY HEALTH TO BETTER LIVING



Please help each other fulfill the pledge to stay healthy by following these simple steps for club meetings and activities.

1

If anyone in your household is experiencing symptoms of Covid-19, return home and seek medical advice.

2

Complete the Covid-19 Screening Form

3

Wear a mask and any other necessary PPE for the activity.

4

Maintain social distancing when possible.

5

Sanitize hands, surfaces, and equipment.