

## **Coronavirus 2019 (COVID-19): Guidance for Mass Gatherings**

During Phase 1 of reopening, mass gatherings of more than 10 people are prohibited, and non-essential travel outside of the National Capital Region continues to be discouraged. **If you attend a mass gathering, including a First Amendment demonstration, DC Health recommends you follow the steps below to help prevent the spread of the virus in the home and community.**

### **Actions you should take:**

- **Do not attend a mass gathering event if you are feeling unwell.**
- Wear a cloth face covering when leaving your home and entering public spaces or areas where you are unable to maintain 6 feet of distance from other people, even if outside.
- Continue to practice social distancing as much as possible (keep 6 feet between you and others).
- If shouting or singing is involved, these activities can create droplets that may spread the virus that causes COVID-19 if you are infected. To prevent this, wear a facemask or find an alternative ways to voice your message such as signs & noise makers.
- Clean your hands often. Wash your hands with soap and water, or use hand sanitizer with at least 60% alcohol. Bring hand sanitizer with you, if possible.
- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid physical contact (handshakes, high-fives) with other people.
- Do not share items (drinking glasses, utensils, or other items).
- Clean and disinfect your belongings after the event, by laundering clothes and wiping down reusable items with a disinfectant wipe (approved for COVID-19).
- **If you are at an increased risk for complications** from COVID-19 (such as older adults or people with underlying health conditions), find alternative ways to participate that do not require you to physically attend the mass gathering.

### **Monitor yourself closely for symptoms of COVID-19**

- Be alert for symptoms of COVID-19 for 14 days after attending the mass gathering.
- Symptoms can include cough, shortness of breath, difficulty breathing, fever or chills, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea.
- Telework from home, if possible, for 14 days after attending the mass gathering.

### **If you develop symptoms, then**

- Consult with your healthcare provider if you are sick or concerned you may have been exposed to COVID-19. Call ahead and let healthcare providers know of your symptoms.
- Call 911 if you have a medical emergency such as difficulty breathing, shortness of breath, persistent pain or pressure in the chest, new confusion, or inability to arouse, bluish lips or face.
- If you need a test, get a test...for free! Information on options for COVID-19 testing are available at [coronavirus.dc.gov/testing](https://coronavirus.dc.gov/testing).

**Stay informed about the local COVID-19 situation.** Please be sure to regularly visit [coronavirus.dc.gov/](https://coronavirus.dc.gov/) to get the most up-to-date information.