

CORONAVIRUS DISEASE 2019 (COVID-19)

GUIDANCE FOR SWEATS

This interim guidance is for the participation of sweats during the COVID-19 outbreak. The following precautions are recommended for participation in sweats to keep all individuals safe and prevent the introduction and spread of COVID-19.

If possible, it is recommended to please refrain from gatherings in small confined areas which may bring you within six feet of each other. Certain ceremonies, such as sweats, may pose a potential risk of exposing others. Please check with ceremonial leaders and your doctor for their best advisement. Prayer and ceremonies occurring in a small family setting may be preferred unless someone present is exhibiting any of the following acute respiratory symptoms:

- Signs of a fever (100.4^o F [37.8^o C])
- Cough
- Shortness of breath
- Appear obviously unwell

KNOW THE RISK¹

- ▶ Your risk of exposure to respiratory viruses like COVID-19 may be increased in closed-in settings with little air circulation and through increased exposure to the general population.

WHAT YOU CAN DO²

- ▶ You may reassess your participation if you are sick, have a weak immune system, or if COVID-19 cases have been identified in the community.
 - ▶ Individuals with underlying health conditions or older adults are encouraged to currently refrain from participating in sweats.
- ▶ It is recommended to engage in social distancing (approximately six feet of separation).
- ▶ Continue to promote the practice of everyday preventative actions as suggested by the CDC, which can include the following:
 - ▶ Wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
 - ▶ Avoid touching your eyes, nose, and mouth with unwashed hands.

If there are identified cases within the community, we recommend postponing sweats or adhering to the guidelines of the CDC and your local health officials who will emphasize community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of the disease.

REFERENCES

¹CDC People at Risk for Serious Illness from COVID-19. (March 10, 2020). Retrieved March 11, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#who-is-higher-risk>

²CDC Preventing COVID-19 Spread in Communities. (March 10, 2020). Retrieved March 11, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

