

Per the WI-DHS and CDC recommendations, GrapeVine encourages the following steps to protect yourself and your community from the spread of COVID-19:

- 1. Stay up to date on recommended COVID-19 vaccinations.
- 2. Know the level of COVID-19 in your community and follow appropriate guidance.
- 3. If recently exposed to COVID-19, follow CDC guidance regarding testing and masking.
- 4. Know the symptoms (listed below) and stay home if you're sick.

Regardless of vaccination status, do not attend the session if you are experiencing any of the following:

- Fever or chills
- Fatigue
- Muscle or body aches
- Headache
- Nausea, vomiting or diarrhea
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- Cough

Individuals may choose to wear a mask at any time. Masks are recommended in some settings and for those who are at high risk of contracting COVID-19. Masks may be required in some places by local or state authorities, such as healthcare facilities.



