



# Guidelines for Participation at NSCI

We look forward to seeing you. In an effort to reduce the risk of COVID-19 exposure at North Shore Congregation Israel, we ask that anyone entering the property or participating in an off-site NSCI event adhere to the following:

**1. Self-Screen checklist. If the answer to the following question is “YES,” you may not enter the building or attend the NSCI event.**

Within the past 14 days, have you exhibited any of the following symptoms or combinations of symptoms, or have you come into close contact with anyone who has had COVID-19 or any of these symptoms?

\*NOTE: If you experience any of the following symptoms while at NSCI, you must leave the facility and immediately notify Todd Braman, Executive Director at (847) 835-0724 or [toddb@nsci.org](mailto:toddb@nsci.org).

- Fever
- Cough or shortness of breath
- Muscle or body aches
- Headache
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of smell or taste

**2. Safety Protocols to help reduce virus transmission:**

- Wash or sanitize hands upon arrival.
- Properly wear a face covering at all times (if over age two).
- Maintain six feet of separation between anyone not sharing a household.
- Avoid contact while greeting one another.
- Follow instructions given by security guards, ushers, staff, and clergy.
- Follow directional or other signage designed to assist with distancing.
- Inform NSCI if you or someone in your household contracts COVID-19 within 14 days of attending an NSCI event. Call the office at 847.835.0724 or email [toddb@nsci.org](mailto:toddb@nsci.org).

**3. Assumption of Risks associated with attending NSCI events:**

- COVID-19 is extremely contagious, and exposure to infection can result from person-to-person contact, including but not limited to breathing, coughing, interacting with other individuals, and touching surfaces.
- Contracting COVID-19 can result in personal injury, illness, permanent disability, and death, and persons with underlying medical conditions or who are over the age of 65 are considered particularly susceptible to developing severe illness from COVID-19.
- The risk of becoming exposed to or infected with COVID-19 by participating in our attending the NSCI event may result from my actions, omissions, or negligence, or those of other attendees or participants, including NSCI staff, employees, agents, or members.
- NSCI cannot guarantee that you will not become infected with COVID-19 by attending any NSCI event.