



DO NOT ENTER WITHOUT A MASK

Covering both nose & mouth per Washington State Government Order



Vedic Cultural Center

Guidelines for Temple Visit

1. Temple visit and darshan is allowed **only during the allotted timings per your scheduled appointment.**
2. Please **arrive 10 mins before your appointment** for check-in.
3. Please make sure you **enter and exit only from the main entrance.**
4. **Face coverings/masks are mandatory for all visitors** while inside the temple.
5. While entering the temple you will be given a sticker badge with your exit time marked. Please wear and display that badge while inside the temple.
6. Please **stay on the darshan path created in the temple** and co-operate with the volunteers for smooth entry and exit.
7. If you intend to donate any food items to the temple, only **bring non-perishable items such as rice bag, lentils, sugar, milk, etc.** and place them in designated areas/containers.
8. Please do not bring any flowers to offer to the deities.
9. Please refrain from visiting the temple and/or public places if you or any family member is sick.
10. Always **maintain cleanliness and 6ft safe distancing** while in the temple.
11. Hand sanitizers, soap and water are provided inside the premises for use as needed. Limit the use of restrooms to 2 people at a time.
12. Use of elevators is restricted only for senior citizens.
13. Please follow all WA State, County, CDC and/or Federal guidelines on visiting public places.

PLEASE PROTECT
ONE ANOTHER FROM



COVID-19

**Wear a face covering and keep 6 feet
apart from others in public spaces.**





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Feeling Sick?

Stay home when you are sick!

If you feel unwell or have the following symptoms
please leave the building and contact your health care provider.
Then follow-up with your supervisor.

DO NOT ENTER if you have:



FEVER



COUGH

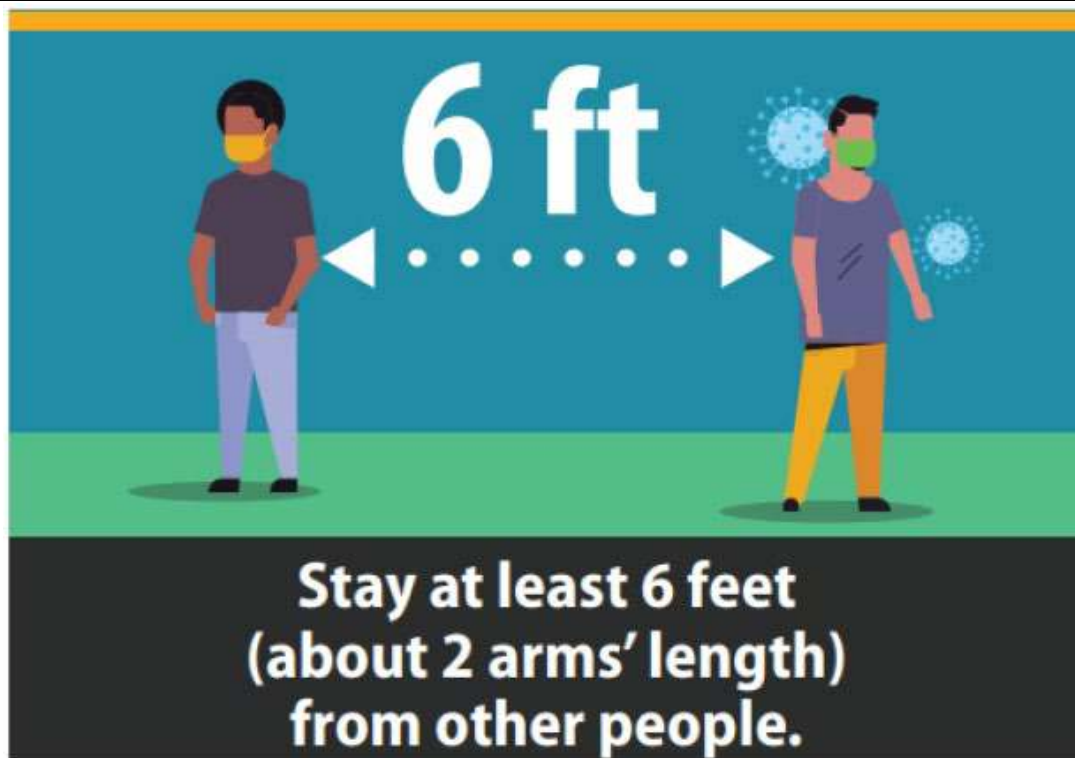


SHORTNESS
OF BREATH



cdc.gov/CORONAVIRUS

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Wear a Cloth Face Covering to Protect You and Your Friends

PUT ON



WASH YOUR HANDS



PLACE OVER NOSE AND MOUTH

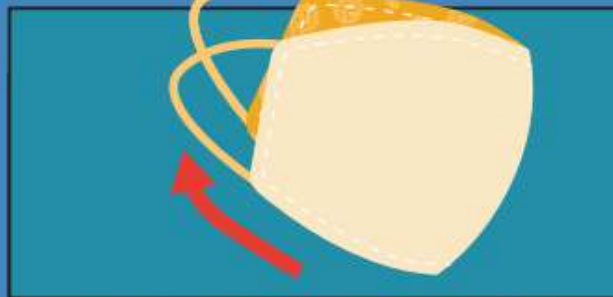


MAKE SURE YOU CAN BREATHE EASILY

TAKE OFF



TAKE OFF YOUR FACE COVERING



FOLD OUTSIDE CORNERS TOGETHER



PUT ASIDE FOR WASHING



WASH YOUR HANDS

WASH YOUR HANDS OFTEN, WEAR A MASK, AND STAY 6 FEET FROM OTHERS.



ESTABLISHED 1982

cdc.gov/coronavirus



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Slow the Spread of COVID-19



WASH YOUR HANDS OFTEN

WHEN OUT WITH YOUR FRIENDS,
WEAR A CLOTH FACE COVERING



AND STAY
6 FEET APART
FROM OTHERS



CLEAN
FREQUENTLY
TOUCHED
OBJECTS



DO NOT
TOUCH YOUR
EYES, NOSE,
AND MOUTH

COVER
YOUR
COUGHS
AND
SNEEZES



STAY HOME IF YOU ARE SICK



cdc.gov/coronavirus



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Please wear a cloth face covering.



Maintain a distance of 6 feet
whenever possible.



cdc.gov/coronavirus



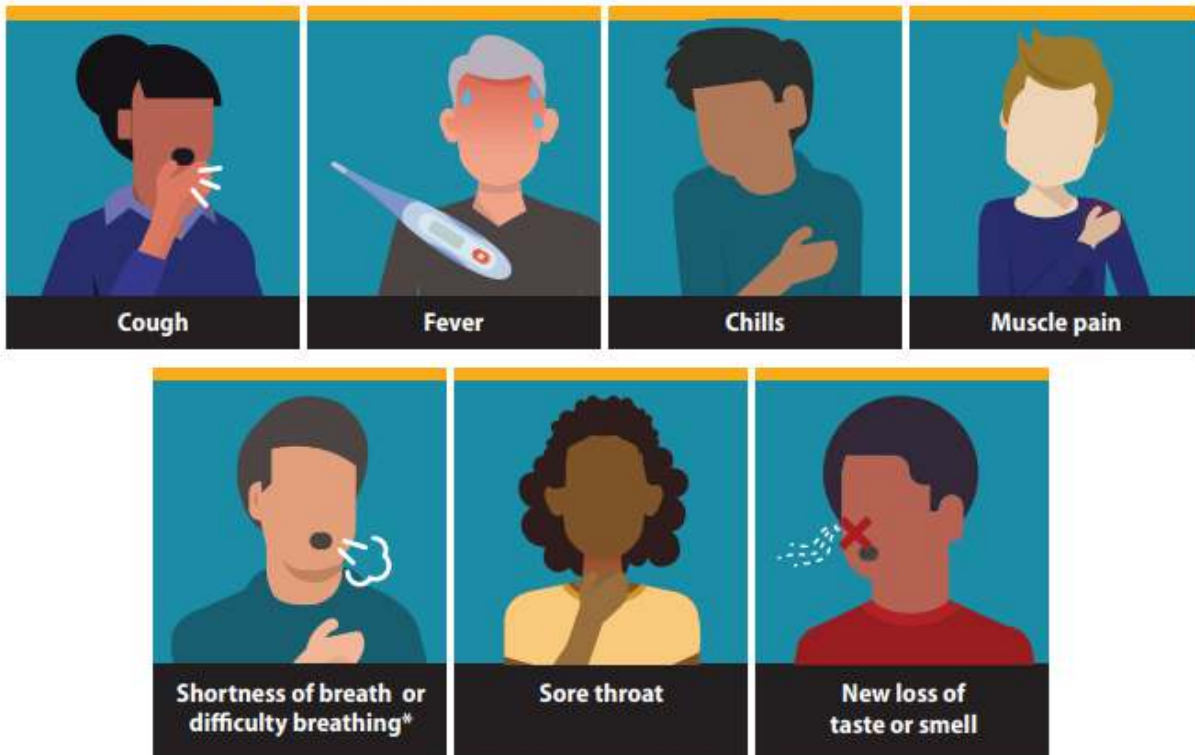
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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

317142-A May 20, 2020 10:41 AM



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Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



COVID-19-4 04/14/2021

cdc.gov/coronavirus