



Thank you for participating in NAMI Walks NH Your Way! Hope starts with you, and we are grateful for your steadfast support of New Hampshire's largest mental health awareness and suicide prevention event. While the event may be virtual this year, we look forward to raising awareness and crushing stigma on October 10, 2020 and recognize there may be some teams wishing to participate together in their communities. We can't wait to see your photos and videos and encourage you to share them on social media (don't forget to make your post public so we can see it!) with the hashtags - #StigmaFreeInThe603 #NAMIWalksNH #MentalHealthForAll.

As always, the health and safety of our participants, volunteers, and staff is the most important aspect of our events. NAMI New Hampshire offers the following guidance for teams wishing to participate in NAMI Walks NH Your Way together. Should you have any questions, please do not hesitate to contact us at [walks@NAMINH.org](mailto:walks@NAMINH.org).

All teams are expected to follow the most recent CDC recommendations and guidelines set forth by the State of New Hampshire.

#### Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Be mindful of the following symptoms and ask team members to refrain from participating with the group should they experience any of the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell

- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Masks and Handwashing

- Masks should always be worn when physical distancing of six feet is difficult.
- Encourage attendees ahead of the event to bring and use masks at the event.
- NAMI NH has masks available on a first come, first serve basis. Contact the NAMI NH Development Team at [walks@NAMINH.org](mailto:walks@NAMINH.org) to coordinate mask pick-up.
- Advise participants that masks should **not** be placed on:
  - Babies or children younger than 2 years old
  - Anyone who has trouble breathing
  - Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance
- Encourage participants to wash hands or use hand sanitizer containing at least 60 percent alcohol often and cover coughs and sneezes.
- Participants should refrain from exchanging hugs, handshakes, fist bumps, and high-fives.

### Food Service

- Serving food is not recommended; however, if serving food and/or beverages, use disposable food service items including utensils and dishes. If disposable items are not feasible or desirable, ensure that all non-disposable food service items are handled with gloves and washed with dish soap and hot water or in a dishwasher.
- Individuals should wash their hands after removing their gloves or after directly handling used food service items.
- Avoid offering any self-serve food or drink options, such as buffets, salad bars, and drink stations. If you choose to serve food, provide pre-packaged boxes or bags for each attendee.

### Shared Objects

- Discourage people from sharing items that are difficult to clean, sanitize, or disinfect.
- Limit any sharing of food, tools, equipment, or supplies by team members.