

Foggy City Dancers
Precautions for Covid and other Respiratory Illnesses
2026

1. Stay home when sick

- Stay home if you have fever or respiratory symptoms (unless due to a known allergy).
- Return when symptoms are improving and you have been fever-free for 24 hours without fever-reducing medication.

2. Notifications

If, after dancing with Foggy City Dancers, you develop respiratory symptoms or test positive for Covid or another respiratory illness, immediately notify Foggy City Dancers by emailing board@foggycity.org or by contacting any Board member. If that happens, the Club shall send out a notification to the dancers who were present within 24 hours. The Club will keep private the identity of the person who is ill unless that person is willing to have their identity disclosed.

3. Masking policy

- Masks are available on request.
- Consider wearing masks and taking additional precautions for several days after returning after an illness.

4. Vaccination

- We encourage recommended vaccinations against influenza and COVID-19 and other diseases for which vaccines are appropriate.

5. Hand and respiratory hygiene

- Wash hands with soap and water or use alcohol-based hand sanitizer frequently.
- Cover coughs and sneezes and dispose of tissues promptly.