



TAHPERD
Promoting Healthy Lifestyles

Texas Association for Health, Physical Education, Recreation & Dance

HEALTH ALERT

TAHPERD is proceeding with all scheduled events as planned.

The safety of our leadership team and members is TAHPERD's first priority. Although, the immediate health risk from COVID-19 to the general public is believed to be low, we recognize that every situation is different; members must decide for themselves what actions are safest for travel.

TAHPERD is:

- Carefully following the guidance of the [World Health Organization](#) (WHO) and the [Centers for Disease Control and Prevention](#) (CDC).
- Adhering to the decisions of the hosting cities.
- Adhering to the travel restrictions and guidance of the U.S. Department of State.
- Communicating with official hotels about their cleaning protocols and recommending they review the CDC and the WHO guidance.
- Encouraging members to follow the guidance of the CDC for everyday preventive actions to help prevent the spread of respiratory viruses.
 - Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
 - Avoid touching eyes, nose, and mouth with unwashed hands.
 - Avoid close contact with people who are sick.
 - Stay home when sick.
 - Cover a cough or sneeze with a tissue, then throw the tissue in the trash.
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.