

Covid-19 Preventive Measures

Working Together to Keep Our Community Healthy

In light of the recent coronavirus outbreak, Girl Scouts is taking precautions and educating our girls about developing and maintaining healthy routines. We encourage all girls and volunteers to exercise discretion and follow all Girl Scout and CDC safety protocols.

Please remember that the best protection is self-protection and self-monitoring, especially in this flu season. Health officials recommend the following measures to minimize your risk of contracting and spreading any virus:

- Wash hands frequently especially after sneezing, shaking hands/bodily contact with another individual, and before eating. Use soap and water for 20 seconds or using alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick - health officials call this “social distancing” and recommend staying about three feet away from someone who is sick.
- Clean and disinfect frequently touched surfaces, like your phone or computer.
- Cover the nose and mouth with a tissue when coughing or sneezing then throw the tissue in the trash, or as a last resort cough into the elbow.
- Stay home when you are not feeling well.
- Get plenty of sleep, good nutrition, stress-relief, and exercise – a healthy body is the best defense against illness.

Questions? We're here for you.

Thank you for your help in keeping Girl Scouts a safe, fun space for everyone! If you have questions about how coronavirus may impact Girl Scout activities, please contact Customer Care at 800.582.7272 or customercare@gs-top.org.

