

## Revised COVID Guidelines for GSLA Field Trips

We recommend full vaccination with booster for everyone's safety.

If you are in a high-risk category for COVID, we suggest you wear a mask, particularly when carpooling. Please bring one with you to our field trips.

**Please do not** join a field trip if you have tested positive for Covid in the last week, or are experiencing any of the following symptoms:

- Coughing
- Shortness of breath
- Sore throat
- Muscle aches
- Sudden change/loss of taste or smell
- Fever or chills

If you have any questions about these guidelines, feel free to contact the leader of the field trip or GSLA Field Trip Coordinator John Middleton (text 801-707-9182, [john.middleton0@gmail.com](mailto:john.middleton0@gmail.com)).

Happy Birding!!!