

# OUR CITY FOREST

## MARTIAL COTTLE SAFETY MEASURES

If you are sick or show any illness, please cancel any visits and return when you are well. Please adhere to these guidelines, for your protection and ours:

- Practice physical distancing, keep 6 ft away
- Face coverings are required for all people who enter the education plot
- There will be no more than 5 members of the public allowed in the education plot at any given time
- Bathroom facilities will be off-limits to the public
- Please bring hand sanitizer with you if you're able to
- Please cough/sneeze into your elbow

We greatly appreciate you all for respecting your community, your neighbors, and the OCF staff.

If you're experiencing the following symptoms, please consider postponing your visit to the education plot:

- Fever
- Cough
- Shortness of breath
- Chills
- Repeated shaking with chills
- Muscle pain
- Headaches
- Sore throat
- New loss of taste or smell

Thank you for adhering to our protocol, and we're hoping you stay healthy and safe!

To contact us:

Email [tcvolunteers@ourcityforest.org](mailto:tcvolunteers@ourcityforest.org) and/or call us at [408-998-7337](tel:408-998-7337) x 118

*Our City Forest please asks that you respect the mentioned guidelines. If OCF staff or community members believe that a person is putting another community member, or the staff at risk, Our City Forest will kindly ask that person to adhere to our Martial Cottle volunteer guidelines. If you are experiencing any of the mentioned symptoms please stay home and call your health provider. Follow the recommended actions given by the California Department of Public Health. Thank you!*

*For general questions about our services please contact [info@ourcityforest.org](mailto:info@ourcityforest.org) and/or call us at [408-998-7337](tel:408-998-7337)*