

Covid 19 Memo for the 2024 Annapolis Fall CCA Meeting

Unfortunately, Covid 19 is still actively circulating. This past summer we had a significant outbreak on the Maine CCA Club Cruise. Many people who are infected have mild symptoms including scratchy throat, stuffy or runny nose, occasional mild cough, and fatigue and no fever. Although most people currently may only experience a mild illness, those over the age of 65 and immunocompromised individuals remain at risk for more serious disease.

In an effort to help keep our fellow CCA members safe, we are asking attendees to bring Covid 19 self-test kits and masks in the interest of preparedness. The earlier a case is identified and addressed, the smaller the outbreak will likely be. Please test if you have any symptoms as one cannot discern between Covid 19 and the common cold based on symptoms alone. If you test positive, please isolate and do not attend the meeting. In addition, please do not attend the meeting if you have any symptoms even if you test negative as mildly symptomatic cases are not always detected, and when they are detected, it often occurs several days into an illness, which is typically past when peak infectiousness occurs.

Consider masking if you are at high risk and good hand hygiene is recommended for everyone to avoid unnecessary spread of respiratory illness.

<https://www.cdc.gov/respiratory-viruses/guidance/faqs.html>

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