



Run Away Events COVID-19 Screening Questions

STEP 1: Please take your temperature **BEFORE** coming to the race. If it is over 100.4 or if it has been over 100.4 degrees Fahrenheit at some point in the past 10 days, please **DO NOT attend the event**. This must be without the use of fever-reducing medication.

STEP 2: Answer for yourself: Do you have any of the following symptoms?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Have had contact
- With someone diagnosed recently with COVID-19

If you checked off any symptoms you could have COVID-19. Please stay home until you are free of fever (100.4° F or greater using an oral thermometer), and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). **Please help stop the spread, take care of yourself, and stay home.**