



COVID 19 PRECAUTIONS

In compliance with government guidelines and the guidelines put in place by Middle Sackville Baptist Church, I hereby declare that:

- I have not, nor has anyone with whom I have had contact, been outside of the country within the past 14 days.
- I have not, nor has anyone in my household, presented with any cold or flu symptoms, such as
 - Fever,
 - Cough, or
 - Shortness of breath.

Further, I will, to the best of my ability,

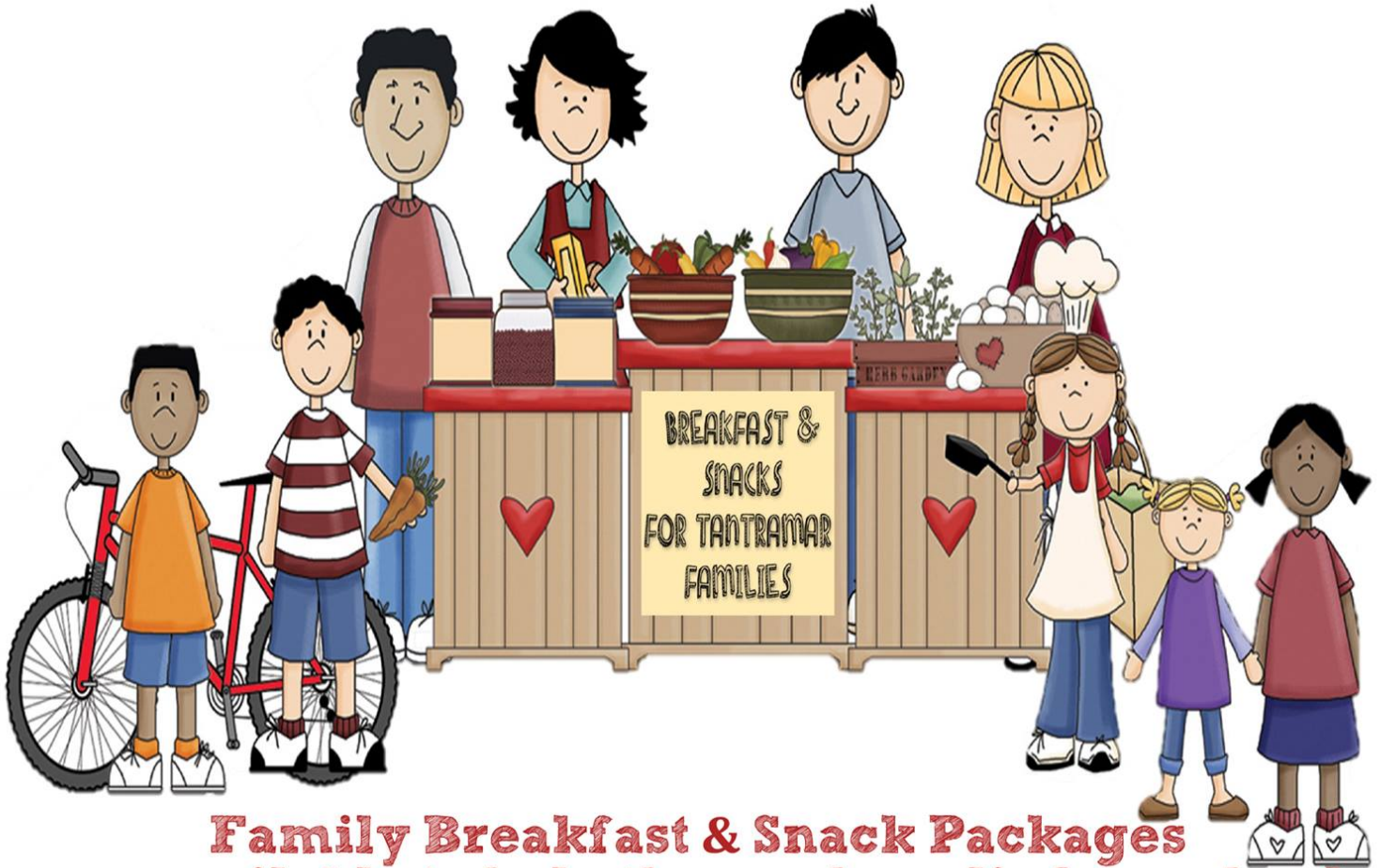
- take all precautions outlined by the Canadian government, including:
 - regularly washing my hands with soap, especially after using the washroom, blowing my nose, sneezing, or coughing,
 - keeping a safe distance from those with whom I am volunteering (2 meters),
 - avoiding touching my face, and
 - coughing/sneezing into my arm or a tissue to be disposed of immediately.
- wash or sanitize my hands each time I enter or re-enter the building.

If I am feeling sick, or displaying any symptoms of illness, I will stay home. While volunteer power is necessary to get the job done, I understand that I must be healthy and operating at 100% to make that happen! I will not put myself or anyone else at risk by volunteering when sick. If I am displaying signs of illness on site at Middle Sackville Baptist Church, I understand that I will be asked to return home.

I also understand that, despite best practices, there is a possibility that I could come into contact with the novel coronavirus. I take full responsibility for my own hygiene and security, and release Middle Sackville Baptist Church from any liability should I come into contact with the novel coronavirus.

Signature: _____ Date: _____

Attention Tantramar Families



**Family Breakfast & Snack Packages
are available to help those who relied on school
or daycare food programs.**

Any families in the Tantramar Family of Schools catchment area with food security concerns are encouraged to email

tantramarschoolfood@gmail.com

No qualifying requirements, privacy will be respected.

Please provide the number of children in your household and any allergies.

Pick-ups Mondays and Fridays from 1:00 - 3:00pm
@ Middle Sackville Baptist Church, 14 Church Street (or by appointment).

Please go to the main door and ring the bell.

We will bring your package to you or place it in your trunk.

Drop-offs in Port Elgin and Dorchester will be coordinated.

Deliveries in Sackville are available.