# welcome to BLOOMINGTON







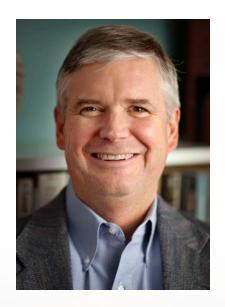
# Greetings from John Hamilton, **Mayor of Bloomington**

Dear Resident.

## Welcome to Bloomington!

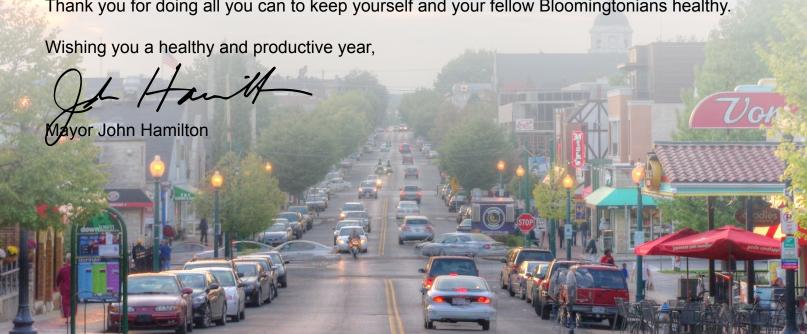
On behalf of the residents of Bloomington, we're glad you're here and we want you to stay safe while enjoying your time in this beautiful city. We hope you can remain in Bloomington without interruption from COVID-19, so to help make that happen we're asking you to take steps to protect yourself, your roommates, classmates and members of this community.

Please take some time to familiarize yourself with the information included here. It's important and may save you and others from the serious physical damage COVID-19 can do, even to young people who contract it.



As a member of the Bloomington community, my office is at your service. If you have concerns that are not addressed here, reach out to me at mayor@bloomington.in.gov or call my office at 812-349-3406 and we will work to get you the information or assistance you need.

Thank you for doing all you can to keep yourself and your fellow Bloomingtonians healthy.



# IMPORTANT PRACTICES TO PREVENT COVID-19 FOR YOU AND EVERYONE AROUND YOU



TALK ABOUT IT: Indiana University has published a Roommate Discussion Guide to help you establish which prevention behaviors you and your roommates will need to commit to during this pandemic. It is wise to make sure everyone you live with and socialize with is taking the same precautions. Establishing those boundaries early can prevent later fears and disagreements, so have the COVID-19 discussion!



**STAY HOME IF YOU ARE SICK:** Stay home if you are sick unless you are leaving for essential medical care (including testing).



**PHYSICAL DISTANCING:** Stay at least 6 feet away from other people as much as possible.



**WEAR A FACE COVERING:** Protect those around you by wearing a face covering any time you may come within 6 feet of others. You can be contagious without symptoms and spread the disease when you cough, sneeze or even talk. A face covering may help reduce the spread of COVID-19. For more information, visit cdc.gov.



## PRACTICE HEALTHY HAND HYGIENE:

Wash your hands often with soap and water or use hand sanitizer; clean frequently touched surfaces regularly; avoid touching your face; and cover your cough or sneeze with your sleeve, not your hands.

## SUGGESTIONS FOR SAFER GATHERINGS

## DEVELOP AND STICK TO A PANDEMIC "SOCIAL BUBBLE":

Try to limit in-person social gatherings to a core group of friends or family, even if you are attending a larger gathering, to minimize exposure to people outside your immediate group.

#### **KNOW YOUR OWN RISK:**

Avoid having close interactions with people age 65 or older or people with underlying health conditions.

## **AVOID BIG GATHERINGS:**

The more people there are gathered close together, the higher the possibility of spread.

## RESPECT GROUP SIZE LIMITS:

Bloomington only allows gatherings of 50 or fewer people, if physical distancing, face covering use, cleaning, and disinfection guidance are followed.

## ENJOY THE WEATHER:

COVID-19 is more likely to spread when you meet indoors. Organize gatherings outside in the fresh air to further reduce risk.

#### **WORSHIP SAFELY:**

If your house of worship has reopened, wear a face covering, don't share chalices or utensils and avoid close contact with others including hand shaking and hugging — wave instead.

#### **BRING YOUR OWN (BYO):**

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Sharing a beverage or passing food around can spread the virus. Bringing your own chairs or picnic blankets can help you maintain distance from others in the group.

#### **BE CREATIVE:**

Think of games or activities that can be played farther apart and that do not involve any physical contact, like charades.

## STAY SAFE WHILE TRAVELING:

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Remember to practice safe distancing while riding the bus system. Follow the guidelines provided and keep your mask on while in transit.

#### **RUN, WALK, BICYCLE:**

These are safe sports to do alone or with others — just keep at least 6 feet apart when you do or wear a face covering. Bloomington has great parks near every neighborhood so check them out!

## AVOID TEAM SPORTS:

Team sports involve close contact and can put you at risk.

### FOLLOW HEALTHY HAND HYGIENE WHEN PLAYING SPORTS:

Frisbee and catch are better than team sports since you can keep a safe distance. Remember to wash your hands with soap and water or use an alcohol-based hand sanitizer before and after playing. Do not touch your face while playing.

# DON'T BE JUDGMENTAL — EDUCATE OTHERS ABOUT STAYING SAFE

## SAFE GATHERINGS ARE POSSIBLE

Everyone needs social connection, and some folks don't have private outdoor space to sit in or a car to take them out of the city. Support each other to do this safely rather than judging people for having in-person interactions.

## **BE POLITE**

Support good behavior.
If you see someone
not wearing a face
covering, go with "Could
you please wear a face
covering near me?"
rather than getting
angry. If someone is
too close, politely ask
them, "Can you please
give us some space?"

# IF YOU FEEL UNSAFE, LEAVE

Leave gatherings where people aren't giving you enough space.

You can report crowding to 812-803-6360 or tinyurl.com/yxvk5k6u

# KNOW WHAT YOUR TEST RESULTS MEAN!

• A positive antibody test for the virus that causes COVID-19 may indicate prior exposure, but it does not mean you are immune from reinfection.

- A prior positive diagnostic test (nose swab or saliva) means you have had COVID-19 and may be less likely to be reinfected. It is not known how strong that protection is or for how long it lasts.
  - Be cautious in using these tests to make decisions about how or with whom to hang out.

## PROTECT EACH OTHER

#### LOOK OUT FOR YOUR FRIENDS AND NEIGHBORS

Check in on people who are more isolated, older, or may have a health condition putting them at greater risk for severe COVID-19 illness. If you are not sick and not at greater risk, offer to run errands for them if they can't leave home.

#### STOP THE SPREAD

Even if you are not worried about getting sick with COVID-19, you can protect your community by staying home as much as possible and wearing a face covering when outside your home.

# ADDITIONAL RESOURCES

**GET TESTED:** There are COVID-19 testing sites available to you. Visit coronavirus.iu.edu/medical-guidance/ to schedule a test.

**CURRENT CONDITIONS:** Visit bloomington.in.gov for more information about current conditions and policies in Bloomington.

## INDIANA UNIVERSITY BLOOMINGTON CAMPUS RESOURCES FOR STUDENTS:

coronavirus.iu.edu/campus-resources/bloomington.html

## FOR QUESTIONS ABOUT YOUR OFF-CAMPUS HOUSING:

Contact the Monroe County Apartment Association at mcaaonline.org

#### **HELPING BLOOMINGTON MONROE:**

This free community resource can help individuals find the services they need.

Enter your zip code to find information about health care, food assistance, emergency shelter and more.

To learn more visit helpingbloomingtonmonroe.org

