

# - Health & Allergies -

## **Please do not attend a workshop with Total Arts! if:**

- You've had a fever and have not been fever-free for at least 24 hours without medication
- You have active symptoms of illness such as those for COVID19, the flu, a sinus cold, etc. that are not due to allergies
- You missed your regularly scheduled event (school, athletics, music lessons, work, etc.) due to being sick on the day of your Total Arts! class, event, or workshop.

## **COVID-19 Policy**

Current CDC guidelines allow for the return to normal activities following a positive test for COVID19 after being fever-free for 24 hours without medication plus the reduction of symptoms. They recommend wearing a mask for a few days out of an abundance of caution for the health & safety of those in your immediate environment. Our staff will follow these guidelines at Total Arts!

## **Allergies & Food sensitivities**

Total Arts! is **nut-free** (tree nuts and peanuts) for any program where students will bring in food (such as our No-School-Days and Summer Program events) in order for us to be a safe location for all of our students..

- Additional food restrictions may be required based on the needs of the students attending a given program.
  - Food restrictions for a given program will be communicated to the group with as much advance notice as possible.
- Please let us know if your child has food allergies and include specific information in your Total Arts account.*

**Please do not send any food with your child that contains, may contain, or is manufactured on equipment that may contain nuts of any kind.** This includes peanuts, almonds, hazelnuts, cashew nuts, macadamia nuts, walnuts, pecans, pistachio nuts, coconut, etc. that may be found in sandwich spreads, snacks, and/or granola bars.

- Please check the ingredient list on anything you send with your child.
- Sun Butter is a safe alternative to nut-based sandwich spreads.
- Any food containing nut ingredients will be confiscated and returned at the end of the day.