



CON / COVID SURVIVAL GUIDE

Feeling Sick? Please Stay Home.

Strengthen Your Own Immune System

Starting 2 weeks before the con, make sure you're well-rested and getting good nutrition.



THE 5-2-1 RULE

5 hours of sleep, 2 meals, 1 shower. This is the minimum your body needs to stay healthy and fight off infection.



Eat Outside

Outdoor air is safer than recirculated air. It's also easier to maintain a respectful social distance from other people.



Get Your Shots

Get your final COVID vaccine at least 14 days before you visit the convention.



Hydrate

Water, not Red Bull, not Gatorade. Water. Water ensures your mucous membranes stay healthy enough to protect & defend themselves. Proper hydration can cut the risk of infection by 50%! Drink water until your urine has no color.



Protect Your Face Holes!

Wear a mask, wear it properly, and wear it whenever you're not eating or drinking..

My mask protects you, your mask protects me. Droplets are the enemy. Sneeze or cough into your elbow even while masked.



Wash Your Freaking Hands

Take your time and lather up. Enjoy 20 seconds of suds. Sanitizer is fine, but soap is better.

If you're feeling sick go home.

If you're unsure, come see UsagiMed.

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