



## Collective Well-Being Guidelines for In-Person Gatherings

The Maine Association of Nonprofits offers the following guidelines to support, as much as possible, a safe environment, physically, mentally, and emotionally. **We understand that responsibility is shared among meeting organizers, event venues, and attendees, and recognize that we all have a role to play in creating a safe, healthy space.**

These guidelines are meant to serve as a reminder and inspiration to know that if we all collectively respect the significance of this contribution, we are effectively advocating for the well-being of our fellow meeting attendees, and our community.

### Guidelines

- **If you are feeling unwell, please do not attend.** All attendees are expected to follow guidance provided by the [Maine Center for Disease Control](#) and the [U.S. Centers for Disease Control](#) as to when to isolate and/or mask.
- All attendees are welcome to mask voluntarily at any MANP gathering.
- Practice other good hygiene practices, such as avoiding touching your eyes, nose, and mouth with unwashed hands, and covering coughs/sneezes with a tissue and the disposing of the tissue.
- MANP will make hand sanitizer and disinfectant wipes easily available.
- If you begin to feel **physically unwell** while at a MANP event, please let an event organizer know and then head home.
- If you feel **emotionally or mentally unwell**, seek out space for self-care, use support resources such as those listed below, and notify MANP staff if you need to leave the program.
- If you are in **crisis** and in need of support, please contact:
  - Maine Crisis Hotline: 1-888-568-1112
  - National Suicide Prevention Lifeline: 1-800-273-8255
- If you test positive for COVID-19 after a meeting/event, please contact the organizers to advise them so they may assist with notifying other attendees. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

*Note that these guidelines are subject to change in accordance with expert guidance. We will continue to make adjustments as needed and will communicate them as clearly and promptly as possible.*