

## **Health & Wellness**

The health of Sundance Institute's artists, audiences, staff, and volunteers remains of the utmost importance to the Institute. If you feel sick, we ask that you stay home. While masks are not required, you are welcome to wear them. Masks will not be provided to all attendees but will be available upon request.

### **Health Tips**

We recommend being especially diligent about taking care of your own health and wellness. Here are some health tips for taking care of yourself before and during the Festival:

- Get your annual flu shot and COVID-19 booster prior to the Festival
- Cover your mouth when sneezing or coughing
- Sanitize or wash your hands frequently for at least 20 seconds with soap and warm water (hand-sanitizing stations will be placed at all venues).
- Keep an eye on how you're feeling - even if you think you have just a little cold, please stay back from in-person events until you feel healthy again.
- Test yourself for COVID-19 if you feel unwell.
- Avoid shaking hands and making unnecessary physical contact with others when possible.

### **Wellness tips**

Here are some wellness tips to help you feel your best leading up to and during the Festival:

- Staying hydrated is critical to your health when in a location with an increased altitude like Park City. Plan to drink an extra 1 to 1.5 liters of water daily. Carry a water bottle and fill it up at our water stations at theaters and venues.
- Continue your mental and physical routines while at the Festival. Take time to rest, stretch, meditate, and recharge to stay feeling your best.
- Fuel your body with healthy food, keeping high-protein snacks on hand and avoid skipping meals.
- Sleep is crucial in keeping your immune system at its best. Make sure you are prioritizing quality sleep during the Festival to avoid burnout.