Questions to Ask Yourself Prior to Coming to Misty Meadows Equine Learning Center:

- Are you feeling unwell? Tired, body aches, sore throat, GI upset, etc.

- Have you or anyone you know shown symptoms of COVID-19? These include: Shortness of breath, difficulty breathing, coughing, fever, sore throat, prolonged sneezing, body aches, GI upset, loss of taste/smell, etc.

- Did anyone in your household (spouse, significant other, child, roommate, etc.) encounter a co-worker or anyone who is symptomatic?

- Has anyone in your household been exposed to anyone else who has tested positive or has had symptoms (being treated as a positive case) for COVID-19?

- How is your stress level? Horses and humans benefit from being as relaxed and present as possible during their time at the farm. See our website for easy ways to become more mindful before arriving at Misty.