



## Caring for ourselves and others

PEOPLE WHO ARE SICK OR COVID + WILL NOT ATTEND. UNVACCINATED INDIVIDUALS EXPOSED TO SOMEONE COVID+ WILL NOT ATTEND.

- Unvaccinated participants will stay home if **anyone in your household** is running a fever, sick, or feeling “under the weather.” Fully vaccinated asymptomatic participants can attend at your own discretion.
- **If you are COVID+ with symptoms:**
  - Do not return to church until 10 days after symptoms first appeared and 24 hours with no fever (without use of fever reducing medication). Unvaccinated family members should also remain home.
- **If you are COVID+ without symptoms:**
  - Do not return to church until 10 days have passed since the date of a positive test. Unvaccinated family members should also stay home.
- **If a member of your household was exposed to someone who is COVID+:**
  - Please monitor for symptoms of COVID. Fully vaccinated, asymptomatic individuals may attend. All symptomatic and all unvaccinated individuals should not return to church until 14 days after a known exposure or a negative test result is received.
- Masks are optional for fully vaccinated participants (meaning you are 2+ weeks post complete vaccination). **Unvaccinated participants over the age of 3 must wear a universally recommended mask** (gaiters and makeshift masks are not acceptable).
- Physical distancing of at least 6 feet will be practiced including in hallways, narthex, and sanctuary.

## Arrival & Worship Experience Details

- Seating in the sanctuary will be every other pew, alternating sides of the pew. Please physically distance when seating and space out in household groups.
- Seating is limited in the sanctuary; when we reach capacity, overflow seating will open in the Gathering Place.
- Vaccinated individuals are invited to sing. Unvaccinated individuals are asked to refrain from singing at this time.
- Holy Communion will be offered at all services.
  - Individuals will remain in the pews for Holy Communion.
  - Prepackaged elements will be available for individuals/households to pick up as they enter the sanctuary.
  - Please place the used cups back in the plastic bag and dispose of the bag when exiting the sanctuary.
- An offering basket will be placed at the front of the sanctuary for you to place your offerings in as you exit the church.
- We ask that you proceed to the exit through the front of the sanctuary and avoid congregating with other households in the hallways.
- There will be no coffee hour or fellowship until further notice.
- The choir loft and Family Place (nursery area) will be closed and unavailable until further notice.

## Frequently Asked Questions

### **What will physical distancing during worship look like?**

- Physical distancing will take place by closing off every other pew in the sanctuary and keeping space between families/individuals.
- Before and after worship please do not congregate in the church hallways.

### **Will hand sanitizing stations be available?**

- Yes, we will have mobile hand sanitizing stations placed throughout the church building.

**How long will these changes last?**

- We are not sure. Please know that Holy Cross leadership and the Regathering Taskforce meet regularly to review policies for all ministries in the building.