

## General Guidelines for Staff, Members, Volunteers and Other Participants at All Church Events

All persons entering FUMC for any reason or participating in any official FUMC event are expected to follow the guidelines listed below.

- **Stay home if sick.** If you have any COVID-19 symptoms, even if you are otherwise feeling well and would typically go out, **you MUST NOT attend events at the church.** COVID-19 symptoms include but are not limited to fever and/or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion, nausea or vomiting, and diarrhea.
- Many people who are spreading virus do not know that this is the case. They are asymptomatic but can infect other people. If you are in close contact with a known infected person please self-isolate.
- If you know you have traveled to an area that has high infectivity then please refrain from personal contact with others for a currently recommended period of time. Contact your physician for further guidance.
- All attendees must wear masks or cloth face coverings in public settings and when around people who do not live in your household, especially when other social distancing measures are difficult to maintain.
  - Face covering must cover both nose and mouth.
  - Children under the age of 2 years are not required to wear a face covering.
- Use social distancing when interacting with people who do not live in your household (stay at least 6 feet away from others).
- Minimize time of personal interaction however possible. The more time you spend in contact with someone who is infected the greater your chance of becoming infected yourself. Any meetings or volunteer activities should minimize contact time. People who are in the early stages of infection do not know they are infected, and some people are infected and never have symptoms. The absence of symptoms can be deceptive so minimize direct interaction time.
- Wash your hands with soap and water for at least 20 seconds prior to coming and when you get home.
  - If soap and water are not available, approved hand sanitizers with at least 60% alcohol may be used instead. Visibly soiled hands need to use soap and water.
  - Avoid touching your eyes, nose, or mouth with unwashed hands.
- Practice good respiratory etiquette, including covering coughs and sneezes. Do not remove your mask in order to cough or sneeze.
- Avoid use of items in group situations that are not easily cleaned, sanitized, or disinfected.
- All people around you have the right to ask for more space, even more than 6 feet. We should all be proactive in asking others during fellowship, "Are you comfortable?" or "Am I standing too close?" Your perception of a safe distance may not feel safe to another person.



- FUMC staff, ushers and volunteers will be on the lookout for individuals or situations that are likely to make others feel uncomfortable given the wide variety of responses and levels of concern. This includes ostensibly ill persons, for instance.
- Individuals who wish to engage in church events or fellowship in any form must accept the risk of possible exposure to disease by an unknowing fellow participant. Coronavirus, for example, can have a lengthy asymptomatic phase before symptoms appear.
- Individuals should exercise self-awareness of their personal risk factors for illness and avoid fellowship or church events if appropriate. According to U.S. Centers for Disease Control and Prevention (CDC), certain people, including older adults and those with underlying conditions such as heart or lung disease, obesity, or diabetes, are at higher risk for developing more serious complications from COVID-19. This is only a partial list.

