

Caring for Each Other

10/6/20

In these days of the pandemic, it is incumbent upon each of us to protect each other by doing our best to not spread any disease, especially the coronavirus. This means that we must make sure we ourselves are healthy and that we do not unintentionally spread any illness, especially to those who have compromised immune systems and pre-existing conditions.

When you come to the church campus, please exercise these precautions:

1. Anyone who has a diagnosis of COVID-19 or has symptoms of COVID-19, such as fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting or diarrhea should stay home.
 - If you have a positive COVID-19 test result and you are asymptomatic, you must wait 10 days after the date of the positive test to be able to come to church.
2. Anyone who has come in contact with someone with COVID-19 within the last 14 days and is potentially infectious should stay home. If you are caring for someone with COVID-19, you may return to campus if it has been 14 calendar days after that person has fully recovered, and if you yourself are asymptomatic and have a doctor's note confirming you do not have the virus.
3. If you or anyone in your household are being tested for COVID-19 because there is a concern of infection, please refrain from engaging in church activities until you have a negative test result.
4. Anyone who is at increased risk of becoming ill because of family members who are ill (with coronavirus, influenza, common cold etc.) should also stay home. We do this out of an abundance of caution, should that family member test positive for the coronavirus.
5. Anyone coming on campus must first call the church (562-420-3393), check with Christine Chandler, office manager, and make an appointment.
6. You must observe physical distancing rules of remaining at least 6 feet away from another person.
7. You must wear a mask and you must keep it on while you are at church.
8. When you arrive, come to the office, sign in using a clean pen. Place that pen in the 'used pen' container.

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9. Sign a liability waiver if you haven't already.
10. Have your temperature taken. If you have a temperature of 100.4 degrees or higher, you must return home. Follow directions from your medical provider.
11. You must complete a health survey. If you answer "YES" answer to any question, you will not be admitted.
 - Have you traveled to any of the following countries (China, Iran, UK, Ireland, Brazil, European Schengen area) or been in close contact with anyone who has traveled to any of those countries within the last 14 days?
 - Have you had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?
 - Have you experienced any cold or flu-like symptoms in the last 14 days (fever, cough, shortness of breath, or other respiratory problems)?
12. Wash your hands frequently for 20 seconds, or use hand sanitizer.
13. If you cough, please cough into your elbow or arm, not your hands. Do not linger near other people.
14. Avoid touching your face with your hands, especially your eyes, nose, and mouth.

Please remember that we care about each and every one of you and want to ensure we all remain safe and healthy! Thanks for your cooperation!