

## **Precautions and Guidelines for the Congregation Regarding COVID-19**

In this time of heightened concern about the spread of contagious diseases such as the flu and COVID-19 (the disease caused by the 2019 novel coronavirus), GPMC is taking precautions to protect the health of our members and visitors and staff. Please help us protect the health of all (and especially those at high risk for serious complications) by proper hygiene and protective measures that mitigate the spread of these viruses.

### **Precautions being taken at GPMC at this time (as of March 4, 2020):**

- Hand sanitizer will be available at all entrances into the building and sanctuary, and in every room.
- The sexton staff will implement more extensive and frequent cleaning and sanitizing of surfaces in common areas of the facility.
- Our “Passing of the Peace” liturgy in worship will exclude physical contact (handshakes or hugs, fist bumps or elbow touches) while including spoken greetings and gestures of peace (waves, peace signs, nods, bows, clasped hands to one’s heart, etc.).
- Communion by intinction will not be observed until further notice.
- The church will follow recommended protocols and best practices for health as directed by the CDC, NIH, departments of health, and medical experts.

### **Guidelines to mitigate the spread of disease while at GPMC:**

1. If you are sick, have a cough or fever or runny nose, please do not attend services or come to meetings or provide food services for gatherings at the church.
2. If your children are sick, have a cough or fever or runny nose, please do not bring them to services or Sunday school or other church programs.
3. If you are medically fragile or vulnerable, consider staying away from large gatherings to limit your exposure. Sermons are presently available on GPMC website and bulletins are posted the Friday prior to Sunday worship. We hope to provide entire services of worship through the website soon.
4. If you need care because of sickness or other need, please contact any of the staff.
5. Wash your hands frequently and do not touch your face with your hands.
6. Use alcohol-based hand sanitizer between washings.
7. Keep a tissue with you to sneeze or cough into; then throw the tissue away and wash your hands.
8. If you do not have a tissue to sneeze or cough into, direct it toward your bent elbow.
9. Say “hello” and “goodbye” with words and other non-physical expressions of warmth and love and care (such as waving, nods, bows, clasped hands to one’s heart, etc.).
10. Pray for the wellbeing of all, and particularly for those most exposed because of their contact with the public: medical and emergency personnel, staff, volunteers, care givers.

**You can contribute to the good health of all by following these guidelines as we exercise care for one another and take appropriate precautions!**