

COVID guidelines for worship services (Updated 8.1.2021)

We are excited to be able to worship together in our Cathedral and are glad that you are considering joining us in person. There are several processes we have put in place to maintain as safe an environment as possible.

*As of August 1, 2021 we are limiting attendance to 25 percent capacity (roughly 125 people) in the Cathedral

Please review the information below before signing up to attend a service.

When considering whether to attend a service in person, it is important to be aware that there are particular groups of individuals who face a higher risk of complications from COVID-19. These high-risk groups include the following:

COVID high risk groups

Risk for Severe Illness Increases with Age

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.

People of any age with the following conditions are at increased risk of severe illness from COVID-19:

- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

COVID-19 Delta Variant is among us. Based on what we know at this time, people with the following conditions might be at an increased risk for severe illness from COVID-19:

- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines

- Neurologic conditions, such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

Updated 7/03/2021

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

If you fall into one of the **high-risk groups** we recommend that you not attend worship in person and continue to participate with us on Livestream or Facebook Live.

If you have determined that worshipping in person is appropriate for you here are the things you will need to know.

Every person attending a service must **pre-screen** for COVID-19 prior to arriving at the church:

Are you experiencing any of these symptoms:

Fever? Chills? Cough? Muscle pain? Shortness of breath or difficulty breathing?
Sore throat? New loss of taste or smell?

In addition, have you had contact with someone suspected to have or confirmed to have COVID in the past 14 days, or have you traveled to or been in contact with someone who has been to a high-risk area in the past 14 days?

If you answered “yes” to any of the screening questions above, you are asked not to come to church and to contact your physician to arrange for COVID-19 testing as soon as possible.

Upon **arrival at the church** you must wear a **mask** at all times and maintain **social distance**, in the parking lots and in all areas of the church buildings. This applies to both vaccinated and non-vaccinated persons.

Entry to the church can be either through the main entry doors or from the side door to the slype. The elevator will be available for those who need it.

The prayer books and hymnals have been removed from the pews. There will be a service bulletin in the pew for your use. Please take the service bulletin home with you or place it directly in the recycling bin located at the doorway when you exit. Do not leave it in the pew to eliminate the need to collect them at the end of the service.

Collection plates will be at each doorway to eliminate the risk of passing the plate from one person to the next.

When Eucharist is offered you will be instructed.

Protect your own health:

Stay 6 feet away from others | Wear your mask at all times | Don't touch your face
Wash your hands with soap and water for 20 seconds or use hand sanitizer

If you have any concerns or questions please call or email the church office.

If you become sick after attending worship please call or email the church office.

610-865-0727 or teisenreich@nativitycathedral.org