

## **COVID guidelines for worship services (Updated 6.30.2020)**

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.

For the foreseeable future, individuals interested in worshipping in person will need to register in advance of attending a service.

**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 is a new disease. Currently there are limited data and information about the impact of underlying medical conditions and whether they increase the risk for severe illness from COVID-19. 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 6/20/2020

<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.**

You must **register** to attend the service of your choice. Registration is being limited at this time. Once we have reached the maximum number of people the registration will show that service is not available.

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 to the church** you must wear a **mask** at all times and maintain **social distancing**, in the parking lots and in all areas of the church buildings.

**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.

You will be greeted by a **greeter** at the entry points. For Cathedral Worship - lower level and terrace (upper level). For Sayre Hall Worship (321 Contact Service) - lower level and upper level Sayre Hall.

**Traffic** though the church will be **one way**, please follow the directions of the usher.

**Seating will be assigned** as individuals and families arrive with the earliest arriving seated in the front. Some pews are being left vacant to maintain social distancing. **You must sit in the pew assigned to you.** Ushers will assist with seating.

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.

The congregation will not be singing during worship. Please feel free to hum along.

When Eucharist is offered you will be instructed by ushers following a safe protocol. When invited by usher, proceed to the designated area and pick up a communion wafer in a cup. Touch only the one nearest you. Proceed to the exit.

When there is no Eucharist the usher will be directing people to leave at the end of the service. Please wait for instructions.

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.

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