

COVID guidelines for worship services (Updated 3.15.22)

We are excited to worship together at the Cathedral and welcome you to join us in person. Several processes were established to maintain as safe an environment as possible.

As of March 19, 2022, we are following the CDC's guidance for masking recommendations based on [Covid-19 Community Levels](#). The Cathedral's Community Level can be found on our website.

The Community Level will be immediately adjusted upwards when a change is posted at the CDC. The Community Level will be adjusted downwards after two consecutive weeks at the lower level to avoid frequent changes in guidance.

Low	Medium	High
<ul style="list-style-type: none">● Stay up to date with Covid-19 vaccines● Get tested if you have symptoms● Food & drink are allowed without restrictions	<ul style="list-style-type: none">● Wear a mask indoors if you:<ul style="list-style-type: none">○ Are over 65 years old○ Have a weakened immune system○ Are at high risk for severe illness● Stay up to date with Covid-19 vaccines● Get tested if you have symptoms● Modified food/drink restrictions	<ul style="list-style-type: none">● Wear a mask indoors● Stay up to date with Covid 19 vaccines● Get tested if you have symptoms● Additional precautions, e.g. physical distancing may be implemented● No food or drink served

Vaccines

Staying up to date with Covid-19 vaccines and boosters is the best way to protect yourself from severe illness and hospitalization.

Masking

Wear a well-fitting mask correctly and consistently to provide protection for yourself. **KN-95s** offer the best protection, followed by **surgical masks**. If wearing a **cloth mask**, it should have a nose wire and multiple layers of tightly woven, breathable fabric. KN 95 masks are available for individuals at the entranceway.

Receptions

Serving food and drink presents a unique situation since *all* participants will be eating and drinking without a mask. Food and drink can be served without restrictions during a

LOW community level. No food or drink will be served during a HIGH community level. Modified restrictions during a MEDIUM community level are as follows:

- Larger receptions (≥ 25 people) will be limited to 50% capacity of a given space
- Efforts will be made to decrease multiple touch points on surfaces. This includes:
 - o Serving pre-packaged food, e.g. a to-go container, to individuals, OR
 - o Having a masked and gloved server distribute food to individuals
- No restrictions will be placed on receptions with fewer than 25 people

Pre-screening Prior to attending an in-person service or event, please check that no one is experiencing any symptoms:

Covid-19 Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Please do not attend an in-person worship or event if you are experiencing any of these symptoms OR have been in close contact with someone suspected or confirmed to have Covid. You are encouraged to obtain a covid test if you are having symptoms.

If you cannot attend in-person, we invite you to worship with us on YouTube or Facebook.

Collection plates will remain at each doorway to eliminate the risk of passing the plate from one person to the next. Eucharist will be offered as instructed.

If you have any concerns or questions OR if you become sick after attending worship, please call or email the church office:

610-865-0727 or teisenreich@nativitycathedral.org