

**Stop! We ask that you comply with Maine's policies for visitors traveling from out-of-state.** In order to attend church in person, people who are not Maine, New Hampshire, Vermont, Connecticut, New York or New Jersey residents must have already completed their 14-day quarantine in Maine or have received a negative COVID-19 test result. Maine residents who have visited states other than those listed above must also comply with this rule. We welcome you to visit us in person once you comply with these requirements.

### **Safety Precautions for people attending Drive In church services**

The following are the guidelines and instructions for our Drive-in services. Please read these carefully as they contain important information so that you can attend the Drive-in services safely.

#### **Before you leave your home:**

**If you answer "Yes" to any of these questions**, please be considerate of others and stay home. These questions also apply to each member of your family or individuals with whom you are living:

- In the last 14 days have you had: a fever (100.4 degrees or higher), cough, shortness of breath or difficulty breathing, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or other symptoms of COVID-19 identified by the federal Center for Disease Control and Prevention ("CDC")? (see <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)
- In the last 14 days, have you been in contact with someone who was confirmed or suspected to have COVID-19 or who has been ill with a respiratory illness or has exhibited any of the symptoms listed above?
- In the last 14 days, have you traveled internationally or to an area with a known COVID-19 outbreak?
- In the last 14 days, have you come into contact with anyone who resides in a community where community-based spread of COVID-19 is occurring?

In addition, we request that you take your temperature (or your family's temperatures, if applicable) on the Sunday morning of church services and stay at home if anyone has a fever (100.4 degrees or higher).

**We also encourage those persons at high risk for COVID-19** to consider remaining inside their car for the duration of the service. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

#### **After the Service:**

We ask if anyone shows any signs of COVID-19 after attending a service, they contact the office immediately. (207) 985-9287 or at [admin@messiahchristianchurch.org](mailto:admin@messiahchristianchurch.org)

There will be a list of all attendees for each service so we can communicate to everyone who attended if anyone shows signs of being sick.