

**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 or Massachusetts 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 in person church services (Sunday Service, Support Groups, Discipleship)**

In addition to our services being offered online, we are grateful that we can begin providing an opportunity to worship in person. Please take some time in prayer to decide if it is best for your family to worship in person or to continue to do so online. If you do not believe that it is safe or prudent for you and your family to attend in person services at this time, please continue to worship online with us. Just because the option for in-person services and activities are available, it does not necessarily mean you should attend. We will continue to work hard to provide services and teaching online, as well as continuing to look for other meaningful ways to connect with one another.

The following are the guidelines and instructions for our in-person services. Please read these carefully as they contain important information so that you can attend in person services safely. The Sunday service will continue to be broadcast live through Facebook Live every Sunday at 9:30AM. The service is also available on You Tube by 4PM each Sunday afternoon. Please let us know if you have any questions and we will be happy to answer them!

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

**We are relying on you to help us keep our studio safe. In order to do this, we need every family to comply with all of our guidelines. Every day before you and your dancer leave your home:**

#### **COVID Symptoms:**

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>)

**Guidelines that consider four typical scenarios. Please call us to discuss guidelines for scenarios not covered here.**

**1. If you or a member of your family or someone with whom you live thinks or knows you had COVID-19, and you had symptoms, you can be with others after**

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving

**\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.**

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html#:~:text=You%20should%20stay%20home%20for,after%20exposure%20to%20the%20virus.>

**2. If you or a member of you family or a person with whom you are living has been in close contact with someone who has COVID-19—**

**What counts as [close contact](#)?**

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

You should stay home for 14 days after your last contact with a person who has COVID-19. **Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.**

**3. If you tested positive for COVID-19 but had no symptoms. If you continue to have no symptoms, you can be with others after 10 days have passed since the date you had your positive test**

**4. If you or a member of you family or a person with whom you are living develop symptoms after testing positive, you can be with others after**

- At least 10 days since symptoms first appeared and
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving

**\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.**

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

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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 continuing to watch services online and to consider not attending in person services at this time. We will let you know when and if we add a drive-in option for you to attend safely. 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

### **Reserving Your Spot for Sunday Service:**

The governor has restricted in person meetings to 50 people indoors. Face coverings are required for all adults, and children age 5 and older. Face coverings are recommended for children ages 2 to 4 unless deemed developmentally inappropriate.

**Adults:** Only adults will be allowed to register to attend services in the sanctuary. Please register for the Sanctuary Sunday Service at this link and enter and exit through the sanctuary doors. You will need to put the **number of people** who are in your party. If we need overflow space, we will use the Fellowship Hall.

<https://messiahchristianchurch.org/events/sanctuary-sunday-service-2020-11-15/>

**Parents of Children 5 and up & Youth Group Grade 7-12:** In order to maximize the number of people who can attend services in the sanctuary, children and youth will be asked to attend their own special services in the Recreation Center. All Children and Youth must enter and exit through the ROC Foyer.

**Children** ages 5 through 6<sup>th</sup> grade -Register to attend the Children's Service in the gym. Please include the number of children attending. <https://messiahchristianchurch.org/events/childrens-sunday-service-2020-11-15/>

**Youth** in grades 7<sup>th</sup>-12<sup>th</sup> -Register to attend the Youth Group in the Studio.  
<https://messiahchristianchurch.org/events/youth-sunday-service-2020-11-15/>

**Parents and their children ages 4 and under:** Please call the church office at (207) 985-9287 to make arrangements to attend the service.

### **Entering the building:**

If you wish to attend a church service, the following precautions and safety standards must be observed by every person at all times:

1. Services with the max of 50 people, consistent with current Maine State orders and guidelines, will be held in the sanctuary. Based on the number of people who register, we may use an overflow space.
2. Services will be Sunday morning at 9:30-10:30. Please arrive no earlier than 15 minutes before the service.
3. For everyone's safety, please observe and adhere to all posted directions regarding safe conduct while in the church building.
4. Before entering the church, please observe social distancing guidelines by remaining a minimum of 6 feet from one another.
5. Messiah has posted questions in a prominent place to remind you of COVID-19 symptoms. If you answer "Yes" to any of these questions, please be considerate of others and return home and do not enter the building.
6. Please take your temperature (and your family's temperatures if applicable) before coming to the church to make sure no one has a fever (100.4 degrees or higher).
7. Hand sanitizer will be available at the entrance and in multiple places.
8. Each person, or a family group must be seated at least 6 feet from another person or family group. Those living in the same household may sit together without distancing between each other.
9. Once we go live, you will be asked to remain seated.

### **During the Sunday Service:**

1. **Stopping the Spread:**
  - a. Maintain social distancing of a minimum of 6 feet.
  - b. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
  - c. Do not touch your eyes, nose, and mouth.
  - d. Keep your face mask/covering on when entering, exiting and singing!
  - e. Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer often. Hand cleaner will be available at the entrance and in multiple place
2. **Greeting:** For the foreseeable future, we ask that we all avoid hugging and/or hand shaking. Messiah will develop its own virtual greeting!!!!
3. **Bathrooms** Should you use the restroom, please follow guidelines for sanitizing the restroom before you leave it.
4. **Offering containers** will be placed in the sanctuary and foyer for your convenience. Offering envelopes are available for your convenience.
5. **Sanitizing:** The church has been deep cleaned and surfaces will be wiped down before and after services. Windows and doors will be left open to help air flow, except on very warm days when the air conditioned will be put on. Please bring a jacket if necessary. All filters have been changed to heap filters to cut down on the transmission of disease.

### **Exiting after the Service:**

1. **Exiting the church:** If the weather cooperates, we will plan for outdoor fellowship, such as Post-service refreshments and BYOC (Bring Your Own Coffee) outside on the front lawn. More to come!
2. **Sanitized:** The church will be sanitized completely after every building use.

**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.