

Self-Assessment

When should I refrain from attending Church?

A personal checklist

If you answer YES to any of the these questions, **stay home and self-isolate right away**. Call your health care provider or the COVID-19 Info-Line at 905-688-8248 (for Niagara Region) and a public health professional will give you detailed instructions to follow to protect you, your family and members of the public.

Do you have any of the following:

- Fever / chills
- New cough or a cough that is getting worse
- Difficulty breathing
- Shortness of breath (even when sitting or walking regularly)
- Sore throat (not due to allergies)
- A runny or congested nose (not due to allergies)
- Unusual level of fatigue
- Unusual headache
- Nausea / vomiting, diarrhea, or loss of appetite
- Feeling unwell for an unknown reason
- Have you been in close contact with someone who is either sick, sent for testing, or has confirmed COVID-19 in the past 14 days?
- Have you have returned from travel outside Canada in the past 14 days?

Novel Coronavirus (COVID-19) Info-Line

Talk to a public health professional Monday to Friday from 9:15 a.m. to 8:30 p.m., and Saturday and Sunday from 9:15 a.m. to 4:15 p.m. 905-688-8248 press 7, then press 2
Toll-free: 1-888-505-6074 (niagararegion.ca/health).

Quick Reference Summary

In a nutshell here's a bullet point summary of our Regathering Plan:

- Church Services (on site) will resume beginning July 19, 2020 at 9 am.
- We will continue to meet at the Church for Worship every other Sunday.
- Conduct a Covid Self Assessment every time before coming to Church (see "Making an Informed Decision" p.4-6 above).
- Stay at home if you're showing symptoms.
- While at Church practice social distancing (6 feet apart).
- While at Church practice proper hygiene. Use the provided hand sanitizer when you come in the building, before Communion, after Communion, and when you leave the building.
- Place your offering in the basket on your way into the church.
- Register your name at the door and sit only in the marked seating. Families and members of the same household may sit together.
- Refrain from singing; speak softly when responding to the liturgy.
- Refrain from hugging, touching, shaking hands etc.
- Keep your hands away from your face.
- Faithfully follow the instructions for receiving Holy Communion.
- If possible, avoid using the washroom. If necessary use only the designated facilities.
- Avoid gathering in groups before and after the service.
- We will continue to offer Weekly Sunday Services online via our YouTube Channel, our Website, and our Facebook page.