

Friends Church COVID-19 Mitigation Plan

Effective 4 October 2020

A. For all individuals entering Friends Church:

1. If you have any of the following symptoms, please do not enter the building:
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficult breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache
 - g. New loss of taste or smell
 - h. Sore throat
 - i. Congestion or runny nose
 - j. Nausea or vomiting
 - k. Diarrhea
2. Practice personal hygiene to include frequent hand washing with soap and water for a minimum of 20 seconds (available in the restrooms) or hand sanitizer (available in the lobby or outside both restroom doors).
3. Practice social distancing by staying at least 6 feet away from non-household members.
4. When social distancing is not possible, ages 6 and above wear a mask. Masks should not be worn by people who have trouble breathing or people who cannot remove the mask without assistance. Masks are available in the foyer.
5. Rooms are limited to the maximum capacity posted in each room.
6. When available, food and drinks will be served by a designated individual(s). No self-serve.

B. Sunday morning service:

1. Follow section A above.
2. Seating rows are spaced to insure sufficient social distancing. Please select seating that will allow sufficient lateral social distancing from non-household members. Sitting with your household is encouraged.
3. On Sundays when we celebrate communion, prepackaged juice and crackers will be available as you enter the auditorium. If you desire to participate, please take a juice and cracker to your seat to have it available for communion at the end of the service.
4. Offering plates will not be used. Gifts may be deposited in the boxes mounted on the rear wall of the auditorium immediately adjacent to the doors or one may give by texting "give" to 907-891-8937 or by going to our website at friendschurch.org.

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5. Individual packets of sugar and cream, and hand sanitizer are available at each coffee station.

C. Employees:

1. Follow section A above.
2. Affected areas will be thoroughly cleaned after each event/gathering.
3. Employees are responsible to wipe down personal work spaces and equipment frequently.
4. Meetings will be virtual to the maximum extent possible.

D. Additional resources:

1. If you have symptoms refer to: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/Sick.aspx>
2. If you have been exposed refer to: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/exposed.aspx>

For questions regarding this policy please contact a member of the Friends Church team at 907-452-2249.