



## **COVID-19 Outdoor Worship Services: GUIDELINES FOR ATTENDEES**

The impact of COVID-19 on the health of Californians is not yet fully known. Reported illness ranges from very mild (some people have no symptoms) to severe illness that may result in death. Transmission is most likely when people are in close contact with an infected person, even if that person does not have any symptoms or has not yet developed symptoms.

Out of love for your neighbor, please take the following guidelines seriously:

### **1. Self-Screen**

- DO NOT ATTEND if you are experiencing, or have spent 30 minutes or more with anyone who is experiencing any of the following: frequent cough, fever or high temperature, difficulty breathing, chills, muscle pain, sore throat, recent loss of taste or smell, or if you or someone you live with has been diagnosed with COVID-19.
- DO NOT ATTEND if you are in the high-risk category:
  - Adults 65+ and persons with pre-existing medical conditions or compromised immune systems, including heart disease, lung disease, cancer, high blood pressure, or diabetes.
- Current CDC guidelines here:  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

### **2. Cover Your Face**

- Bring a face mask that covers your nose and mouth.
- Avoid touching your eyes, nose and mouth
- Singing without masks is strongly discouraged

### **3. Wash Your Hands**

- Frequently scrub with soap and warm water for at least 20 seconds, or use hand sanitizer with at least 60% ethanol or 70% isopropanol.
- Use disposable gloves if you are handling commonly touched items.

### **4. Maintain Social Distance**

- Keep at least 6 feet between yourself and others.
- No handshakes, high fives, or hugs.
- Kids must remain with their family and not interact with children of other parties.

### **5. Bring Your Own:**

- Chair and sunshade
- Face mask

### **5. The following will be available on site if needed. We encourage you to bring your own:**

- Bulletin. Download and print out ahead of time, or view from your smartphone or tablet from [www.harborcity.church](http://www.harborcity.church). Printed copies will be on site.
- Communion Element. Individually wrapped elements will be available.
- Hand sanitizer. There will be hand sanitizer on site.
- Refreshments, water, and snacks. There will NOT be refreshments or snacks on site.