

# COVID-19 Personal Health Screening

In order to reduce the risk of spreading COVID-19, we ask that each person administer a self-screening prior to attending church services.

If you experience [onset or worsening of] any of the following symptoms, we ask that you please stay home from church services:

- Fever/Feverishness
  - *The CDC regards an internal temperature of 100.4 degrees or higher as a fever; however, because individuals' normal body temperatures vary, a person can experience feverishness at lower than 100.4 degrees.*
- Chills or repeated shaking with chills
- Cough
- Sore throat
- Congestion or runny nose
- Headache
- Shortness of Breath and/or difficulty breathing
- Persistent pain, pressure, or tightness in the chest
- Muscle or body aches
- Unusual rash or skin irritation
- Loss of appetite
- Diarrhea
- Nausea or vomiting
- Loss of taste or smell
- Discoloration of toes or fingers

In addition, because transmission of COVID-19 can occur during the virus's incubation period, an infected but pre-symptomatic person can be contagious. Therefore, if any of the following apply, please refrain from attending church services for 2 weeks after exposure:

- Been in close contact with a person with COVID-19
- Traveled to/from an area with widespread or ongoing community spread of COVID-19
- Traveled out of the country

If you have tested positive or been diagnosed as having COVID-19 in the past, please refrain from attending services until you have a doctor's "all clear."

---

We are doing our best to abide by state and federal regulations and recommended procedures to limit transmission of COVID-19; however, as church services is a group function and therefore inherently carries the risk of transmitting communicable diseases, we cannot guarantee protection of attendees from COVID-19. Therefore, each individual's decision to attend services should be done so at his or her own risk and discretion.

If you have any hesitation about attending church services at this time, please do not feel the need to do so. We will continue to have our webcasts and phone hook-ups available each Sabbath to keep us all connected. If you have any questions or concerns through this process, please feel free to reach out to me.