

SOCIAL DISTANCING GUIDELINES

Adopted from COVID-19 Task Force Website

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Someone in self-quarantine stays separated from others, and they limit movement outside of their home or current place. A person may have been exposed to the virus without knowing it (for example, when traveling or out in the community), or they could have the virus without feeling symptoms. Quarantine helps limit further spread of COVID-19.

Isolation is used to separate sick people from healthy people. People who are in isolation should stay home. In the home, anyone sick should separate themselves from others by staying in a specific “sick” bedroom or space and using a different bathroom (if possible).

Avoid close contact with people who are sick. Stay home when you are sick, except to get medical care, and keep your distance from others which is especially important for people who are at higher risk of getting very sick.

In the White House **OPENING UP AMERICA AGAIN** Guidelines, Phase One calls for Places of Worship to operate under “Strict Physical Distancing Protocols.” These protocols or guidelines seem to be altered on a regular basis. Assurance is given that these protocols and guidelines will be clearly delineated in the near future. In light of this fluid situation, the following matters will be put in place when we launch our Ministry Re-engagement Plan (subject to change as new information is provided).

FBJC STRICT PHYSICAL DISTANCING GUIDELINES

- 1) If you have been sick with symptoms of a fever, cough, or shortness of breath or have been in close contact with anyone who has these symptoms, we ask that you take advantage of our FBJC Worship Live Stream rather than risk others in the congregation.
- 2) When attending our worship service we ask that you observe and comply with all Strict Physical Distancing Guidelines, and if you are unable or unwilling to, we ask that you take advantage of our FBJC Worship Live Stream.
- 3) Everyone in attendance is asked to continue to keep about 6 feet between yourself and others and observe the seating limitations in the Worship Center as well as keeping social distance in all other areas of the FBJC campus.
- 4) Everyone has been directed by New York State to wear a cloth face cover when they have to go out in public, and we are asking the same as we gather at the church. Those on the

platform will be exempt but must maintain strict physical distancing. The cloth face cover is meant to protect other people in case you are infected and is not a substitute for social distancing. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- 5) Wash your hands often with soap and water for at least 20 seconds, especially after using the restroom, blowing your nose, coughing, or sneezing prior returning to the Worship Center or other ministry environments. Avoid touching your eyes, nose, and mouth with unwashed hands. Alcohol-based hand sanitizer is also available through the facility and we would encourage you to carry your own small personal container as well.
- 6) Exercise caution when arriving at church and leaving after the worship service or ABF/Sunday School Hour. It is at these times we will be most susceptible to violating the Strict Physical Distancing Guidelines to gather with friends we have not seen in some time.
- 7) Exhibiting a humble cooperative spirit as we adjust to the “new normal” and set the example for spiritual maturity as we model for our children a living faith, even in trying times.
- 8) FBJC will do its best to clean AND disinfect frequently touched surfaces weekly. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.