

## **Safety Protocol for Ardmore Presbyterian Church**

Most restrictions for vaccinated people have been lifted. However, even if you are vaccinated, you should be cautious about attending church if you experience symptoms related to COVID-19. The following are major symptoms for the virus:

Temperature above 100 degrees

New cough

Shortness of breath

Difficulty breathing

Loss of taste and/or smell

Sore throat

Runny nose

Chills or nausea

Stomach pain or discomfort

Vomiting

Diarrhea

Congestion

New bad headache

Body aches

Extreme fatigue

Because our worship services include unvaccinated individuals, particularly those who are under age 12 and still ineligible for the vaccine, we encourage everyone to continue to follow these guidelines, especially when near children/young people:

Wear a mask

Remain at least three feet apart

Limit physical contact