

# Health Acknowledgement

Updated 3/23/2022

**Welcome! We're glad you're here. In order to keep you and others safe and healthy:**

1. Please affirm that the following items are true for you before proceeding to the activity taking place at Ghent UMC, as all are required to stay home when sick.
2. Wearing face masks is currently optional; although children under 2 years of age should not wear a mask. **See below for exceptions.**
3. At least 6 feet of physical distancing must be maintained by everyone (we understand this may not be possible for children), except for those who are in the same household group. Hugs and handshakes are not allowed.

**I am not experiencing any of the following symptoms of COVID-19:**

Fever or chills ◦ Cough ◦ Shortness of breath or difficulty breathing  
Fatigue ◦ Muscle or body aches ◦ Headache ◦ New loss of taste or smell  
Sore throat ◦ Congestion or runny nose ◦ Nausea or vomiting ◦ Diarrhea

**I have not tested positive for COVID-19, nor am I awaiting test results.**

**If I tested positive or have symptoms for COVID-19:**

- I have stayed home for 5 full days and isolated from others, and if had symptoms, ended 5 full day isolation only after being fever free for 24 hours (without fever-reducing medicine) and had improving symptoms. I am **wearing a well-fitted mask for 5 days after isolation.**
- **If I was severely ill with COVID-19 or am immunocompromised,** I have isolated for at least 10 days.

**If I have been in close contact with someone who has COVID-19, I am wearing a well-fitted mask and watching for symptoms until 10 days after, and:**

- If not fully vaccinated, I have quarantined for at least 5 full days.

**I will immediately notify the church pastor or staff, or my group leader, if within 5 days of being present, I develop symptoms of COVID-19. I will avoid contact with others, and seek testing and/or treatment from a physician.**

The VA UMC recommends that everyone, who is eligible, be vaccinated against the Covid-19 virus. *Remember that our call is to love our neighbors and to do no harm.*