

Saint Demetrios COVID-19 Guidelines

March 14, 2020

According to the Governor's order, organizers of events of fewer than 250 people must ensure specific guidelines are in place and for St Demetrios they will be followed as well:

- Older adults and individuals with underlying medical conditions that are at increased risk of serious COVID-19 are encouraged not to attend (including employees);
- Social distancing recommendations must be met (i.e., limit contact of people within 6 feet from each other for 10 minutes or longer);
- Employees must be screened for coronavirus symptoms each day and excluded if symptomatic;
- Proper hand hygiene and sanitation must be readily available to all attendees and employees; and
- Environmental cleaning guidelines from the U.S. Centers for Disease Control and Prevention (CDC) are followed (e.g., clean and disinfect high touch surfaces daily or more frequently).

Additionally, St Demetrios will continue with the practices already implemented:

1. Please STAY HOME from all church services or gatherings if:

- you are ill or feeling you might be getting ill, PLEASE STAY HOME
- you have a persistent cough, sore throat, fever, sneezing or runny nose (even if you don't feel ill), PLEASE STAY HOME
- you are over 60, or have an at risk medical condition, PLEASE STAY HOME
- If you do stay home, remain prayerful! Read your Bible, continue doing your prayers, and during the main service times, watch live services online here: <https://www.goarch.org/live-broadcasts>
- if you are a ministry leader, please contact Fr Photios or Fr Daniel or Barbara Trehearne about any meetings or activities otherwise all meetings, activities are cancelled through April 24.

2. When at Church:

- understand that our parish culture must adjust to the new reality. "Social distancing" measures are expected to be followed by ALL parishioners. This means: keep 4-6 feet of distance from others; eliminate or greatly limit physical contact with others; do not get offended if someone sees you coughing or sneezing and moves some distance away from you; don't share cups, etc.
- Coffee Hours are now suspended; after the Liturgy ends, everyone will return home
- avoid touching any mucous membranes (eyes, nose, mouth, etc.)
- sanitize your hands upon arrival
- minimize skin contact with surfaces: pews, chairs, tables, etc.
- honor icons with bows but consider not actually kissing them (at least during this period of intensified vigilance) We will wipe Icons before, during, and after services with appropriate antimicrobial cloths.
- don't kiss priests' hands
- sanitize your hands again upon leaving, and/or upon using the restroom
- Cover your mouth and nose with a tissue if you cough or sneeze, then throw the tissue in the trash and wash your hands.
- The Liturgy books have been removed from the pews to reduce transmission.
- Antidoron will be handed out at the end of the Liturgy from the back with tongs.

3. Impacts

- this situation is changing rapidly, so expect updates or changes
- until the end of the month (and possibly longer), in person meetings and ministries will be suspended. We do have the ability to use Zoom for virtual meetings. Let Frs or Barbara Trehearne know if you would like to use this option.

4. Remember

- The Lord our God has sovereign dominion over all the earth! We are under His direct and personal care. Do not be fearful...just be vigilant. *"Everything under heaven and earth shall bow before Him!"*
- Everything is theological...in ways known only to Him, even something this difficult ultimately serves the purpose of transmitting His divine grace to the human race, for the salvation of souls
- the leadership of St Demetrios parish is here for you! Ask Frs Photios or Daniel or Barbara or any leader anything that is on your mind or heart.
- we are the Body of Christ, and this will make us closer and stronger. "The gates of Hades shall never prevail over the Church!"