**Avenue Church Covid-19 Safety Plan& Communication**

**What we are doing to help keep you safe at The Avenue Church:**

In an effort to diminish the risk of contracting Covid, we are reinstating some of our previous health protocols and also reminding you to follow some standing practices:

* We are committed to gathering safely for in-person worship, and also providing online services. You may see our services on our [Facebook Page](https://theavechurch.us1.list-manage.com/track/click?u=49ee49119d64dfadceb8cb1d3&id=5d511b5c0c&e=79fd0a4ed0) or [Youtube Channel](https://theavechurch.us1.list-manage.com/track/click?u=49ee49119d64dfadceb8cb1d3&id=3e9cd39679&e=79fd0a4ed0).
* Please assess your health and that of your family. If you or others are ill or have symptoms, please remain home and take care of you and yours. You may watch our services online. If you are ill, please let us know so we can check on and pray for you.
* We are encouraging all staff and volunteers to wear facial coverings.
* We are not requiring attenders to wear facial coverings, but we do provide masks.
* We encourage you to practice social distancing when possible.
* We encourage frequent hand-washing, hand sanitizing, and covering of mouth and nose when coughing or sneezing.
* Please consider carefully how you greet one another. Choose to wave and bump elbows over hugs, high fives, and handshakes.

**What to do if you MAY have been exposed to a Covid-positive person:**

We encourage you to monitor for any symptoms. Should symptoms be evident, the Palm Beach County Health Department recommends that you seek testing and keep all family members home until results are received. Testing is free at any drive-through testing site listed on the Palm Beach County Health Department website at [discover.pbcgov.org/coronavirus/pages/testing-sites.aspx](https://trinitydelray.us10.list-manage.com/track/click?u=59e8b3dec9d3f17092b394828&id=d75527d34d&e=89c65842f5). You can also make an appointment at various pharmacies like CVS and Walgreens. If you do get tested, please let us know of any results.

NOTE: We recommend getting the PCR test. It takes longer but the results are more accurate.

**What to do if you DEFINITELY were exposed to a Covid-positive person:**

You are considered a “close contact” and at significant risk of contracting Covid if you have been within 6 feet of a Covid-positive person for a cumulative 15 minutes in a 24 hour period. If this is your situation . . .

1. Begin a 14 day quarantine from day of exposure. Why 14 days? The incubation period for Covid is between 2 and 14 days and you could become Covid-positive at any time during that time.
2. Get tested as soon as possible (PCR test recommended). See testing site information above.
3. If you test positive, isolate for 10 days from positive test or beginning of symptoms. You can be around others after these 10 days AND after 24 hours with no fever without use of fever-reducing medications, AND after other Covid symptoms are improving. The 10 days does not include test day and return day, only the days in between.
4. If you test negative, you still quarantine for 14 days. Why? You can become Covid-positive any time during the 14 day incubation period.
5. If you test negative, and you maintain “close contact” with a Covid-positive person (within 6 feet for cumulative 15 minutes in 24 hour period), your quarantine goes to 10 days plus 14 days. Why so long? You have to take into account the 10 days of the person being contagious, AND the 14 days of potential incubation of the virus in you. People connected to our campus have tested positive for Covid on Day 22 of a 24 day quarantine.

**What to do if you’re vaccinated AND you’ve had “close contact” with a Covid-positive person:**

People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). However, fully vaccinated people should get tested 3-5 days after their exposure, even they don’t have symptoms, and wear a mask indoors in public for 14 days following exposure. If test is positive and/or symptoms arise, follow above guidance.

**Important Links**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>