

# Guide to Indoor, In-person Worship

- Familiarize yourself with the health acknowledgement poster (below). Review of this poster is required of all in-person church gatherings. If you cannot answer YES to all the questions then please participate in online worship instead.
- Register by 11:59pm on Thursdays, prior to any service. If you need assistance with registering you may call or email the church before 11:59pm on Thursdays.
  - If you haven't pre-registered, you are welcome to head to Grace for 11:00am worship on Sundays, but keep in mind that space is limited!
- Wear a mask, covering mouth and nose, upon exiting your vehicle. Masks are required the entire duration in the GUMC building and on the campus.
- Doors will open at 10:30am for the 11:00am service. Please allow extra time to go through the check-in process.
- Upon entry, please check in at one of the Welcome Tables to confirm the information on the health acknowledgement poster. If you cannot answer YES to all the questions then you will not be able to attend worship that day but we look forward to seeing you another day.
- You are welcome to seat yourself in every other pew. Pews are marked with tape (green=ok and red=not ok) to allow for social distancing.
- Congregational singing is now permitted. Keep your mask on while singing.
- As you leave worship, please continue to wear your mask and to social distance inside and outside the building.
- For added safety the sanctuary is cleaned and disinfected after each worship service.

## Health Acknowledgement

**I am not experiencing 2 or more of the following symptoms of COVID-19:**

- Fever (100 F or higher)
- Cough
- Shortness in breath or difficulty breathing
- New loss of taste or smell
- Headache
- Muscle or body aches
- Sore throat
- Congestion or runny nose (not allergy related)
- Nausea or vomiting
- Muscle pain
- Diarrhea

**1**

**I have not been in contact with anyone experiencing symptoms of COVID-19 (identified in #1) in the past 14 days or I am fully vaccinated (14 days after series of vaccinations are complete).**

**2**

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

**3**

**If I have tested positive for COVID-19, I have complete resolution of symptoms OR (if asymptomatic) have completed 10 days of self-isolation.**

**4**

**I will immediately notify the pastor if, after 5 days, I develop 2 or more symptoms of COVID-19, will avoid contact with others, and will seek medical attention.**

**5**