



Updated COVID-19 Policy

Government Guidance on Covid 19

There has been a recent increase in the number of Covid cases, both generally and within our church family. There are no longer any government rules to follow, but there is government guidance, which we thought would be helpful to set out below.

We understand that some people will want to be more cautious than others. Please remember that we do have members of our family who are more vulnerable. Also, that in David's absence we are heavily reliant on key staff, leaders and volunteers who we would struggle to cover if illness spread. So please would you follow the guidance wherever you feel able.

The guidance covers three circumstances. Although quite long, you should only need to read the detail that relates to your circumstance.

As a church family we respect everyone's right to apply this guidance as they see best. We also thank you for your continuing consideration of others.

If you are unwell and would like prayer or practical support, then please do contact the Pastoral Team on 07434 984909.

The Guidance

» If you have symptoms of a respiratory infection, including COVID-19, and have not taken a COVID-19 test

- a. Please try to stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell.
- b. It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections.

- c. If you leave your home, the following actions will reduce the chance of passing on your infection to others:
- wearing a well-fitting face covering made with multiple layers or a surgical face mask
 - avoiding crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated
 - taking any exercise outdoors in places where you will not have close contact with other people
 - covering your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face.

» If you have a positive COVID-19 test result

- a. Please try to stay at home and avoid contact with other people, particularly those at higher risk of becoming seriously unwell from COVID-19, for 5 days after the day you took your test.
- b. For children and young people under 18 this period is 3 days.
- c. Some people may be infectious to other people for up to 10 days from the start of their infection, so please try to avoid meeting particularly vulnerable people during this extra period.
- d. If you leave your home, the actions at 1c above will reduce the chance of passing on your infection to others.

» If you are a close contact of someone who has had a positive test result for COVID-19 (e.g. same household)

- a. It can take up to 10 days for your infection to develop. It is possible to pass on COVID-19 to others, even if you have no symptoms. You can reduce the risk to other people by taking the following steps:
 - avoid contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19
 - limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
 - wear a well-fitting face covering made with multiple layers or a surgical face mask if you do need to have close contact with other people, or you are in a crowded place
 - wash your hands frequently with soap and water or use hand sanitiser.