

COVID-19 PRECAUTIONS

COME AWAY WITH ME RETREATS HEALING CARE MINISTRIES

EMAIL DAY BEFORE: Participants are asked to **email us the day before the retreat** with answers to the following questions:

- Are you being monitored by any health care department or have you been asked to self-quarantine as a result of contact tracing actions within the last 14 days?
- Have you experienced any Covid-19 symptoms within the last 14 days?
- Have you had a temperature of 100.4 F or greater within the last 14 days?

TRAVELING: Protect yourself and others during your trip by doing the following:

- Clean your hands often. Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating. If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others. Keep 6 feet of physical distance from others as much as possible.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores.

RETREAT CENTER PROTOCOL:

- Participants will be asked whether they are experiencing any Covid-19 symptoms each day when they arrive. Yes answers will be referred to a health care provider for recommended action, and these individuals will not be permitted to participate until we hear back from that referral and conclude that any symptoms

were non-Covid-related and of no concern from the standpoint of potential impact on others.

-Participants will be temperature-checked with a no-touch thermometer each day when they arrive.

-Participants with readings outside the normal range will be referred to a health care provider for recommended action, and these individuals will not be permitted to participate until we hear back from that referral and conclude that any symptoms were non-Covid-related and of no concern from the standpoint of potential impact on others.

-Staff will go through these same monitoring activities daily.

-All staff and participants will be timely notified if HCM learns anyone attending the activity has tested positive for Covid-19.

-Participants will be asked to let us know if they begin showing symptoms within 10 days after the seminar.

-Participants - Face masks required when they may not be 6 feet apart from others (e.g. when up and walking around), not needed when seated and socially distanced.

-Staff will be wearing face masks when they may not be 6 feet apart from others (e.g. when up and walking around), not needed when seated and socially distanced.

-All seats will be placed at least 6 feet apart, and the seats are not to be moved without prior permission. The program director will be responsible for making this happen.

-Staff will sanitize table surfaces (and seats, if possible) twice daily - before the first session and during the lunch break.

-All attendees will be encouraged several times per day to wash hands frequently and thoroughly.

-Staff will have sanitary wipes available at activity site, as well as hand sanitizer.

-Staff will ensure that restrooms have been sanitized each day, and that soap and hand sanitizer are available.

COVID-19 WAIVER

-You will be asked to sign a Covid-19 waiver upon arrival at the retreat center.

NO ROOM SHARING

-Each participant will be assigned to their own individual room.

SHARED BATHROOMS

-There will be shared bathrooms at the retreat center. Cleaning supplies will be available to wipe down after each use.

SOCIAL DISTANCING

-Everyone is asked to do their best to maintain at least six-foot social distancing from other individuals, washing hands with soap and water for at least twenty seconds as frequently as possible or using hand sanitizer, covering coughs or sneezes (into the sleeve or elbow, not hands), regularly cleaning high-touch surfaces, and not shaking hands.

MEALS

-Meals will be individually plated (rather than using a buffet line).

-Those working in the kitchen and preparing meals will have their temperatures checked regularly.

OUTDOOR WORSHIP GATHERING

-Friday evening (weather permitting) we will have an outdoor worship gathering.

-We've decided that there will be **no indoor worship**. (Singing is an issue because more droplets are dispersed with more force, and people inhale more strongly while singing.)