

**Church of All Russian Saints in Burlingame**  
**COVID-19 Prevention Training (R5, highlighted, 08 February 2021)**

All those who desire to be admitted to an in-person congregational service MUST:

- A. Read and understand the following training materials.
- B. NOT COME to a church service if you have tested positive for COVID-19 until (a) at least 10 days have passed since symptoms first appeared, AND (b) at least 24 hours have passed with no fever (without use of fever-reducing medications), AND (c) other symptoms have improved.
- C. NOT COME to a church service if you suspect that you have been in contact with any individual(s) who exhibit(s) symptoms associated with COVID-19 (see below), until you have had a “negative” COVID-19 test result.
- D. (**prior**, i.e., at home, before coming to the church for a service), (1) self-administer a body temperature measurement, (2) self-screen for COVID-19 symptoms, see below.
- E. NOT COME to a church service if you have an elevated temperature (100° F, or above) or symptoms, see below.

<b><i>COVID-19 symptoms:</i></b>	
<i>Fever or chills</i>	<i>Headache</i>
<i>Cough</i>	<i>New loss of taste or smell</i>
<i>Shortness of breath or difficulty breathing</i>	<i>Sore throat</i>
<i>Fatigue</i>	<i>Congestion or runny nose</i>
<i>Muscle or body aches</i>	<i>Nausea, vomiting or diarrhea</i>
<i>Fever or chills</i>	<i>Headache</i>

- F. (Upon arrival to church property off Fairfield Road) Congregation Members must use a face cover at all times while on church property\*, and maintain social distancing with all individuals outside of your household at all times, i.e., before, during, and after the church service.
- G. (Upon arrival to a church service), be prepared to declare that (1) you have read and understand the provisions in this training, (2) you intend to abide by the provisions in this training, and (3) none of the conditions in items B, C or E, apply to your condition.
- H. Follow instructions of Ushers who have been delegated the responsibility for managing the process of entry, attendance and exit to/during/from the church service.
- I. Apply hand sanitizer **prior** to entering the church.
- J. (Upon arrival to a church service), go to your socially-distanced location as directed by Ushers, and in the process, to the extent practical, avoid inter-person crossflow contact; (if necessary, ask for assistance from an Usher).
- K. Avoid handshakes, hugs, and similar greetings and any other contact with any Congregation Members that undermines social distancing.
- L. Avoid touching surfaces that could be potentially sources of COVID-19 infection transmission.
- M. (When exiting from a church service), allow those who are closest to an exit, to exit first, to avoid inter-person crossflow contact, (or as directed by an Usher).
- N. (Other than for personal or general emergency), avoid moving about from your socially-distanced location during church services, including putting up candles and venerating Icons, which is permitted ONLY BEFORE the beginning of services.
- O. Limit use of sanitary facilities (e.g., bathroom) to one person at a time (except a parent with children) and wash your hands as recommended in CDC guidelines (with soap and water for approximately 20 seconds) prior to returning to the service.
- P. Adhere to the Pastor-Rector's guidelines on veneration of Icons and all other faith-based activities during the church service.
- Q. DO NOT CONGREGATE on or near church property before or after services.

\* Does not apply to **children 2 years and younger**, if medically unsafe or affecting communication with hearing impaired.