

COVID-19 Directives for St. Nicholas Indoor Services

Christ compels us to love and care for one another

Register:

- **Register** to attend a service mandatory. Email secretary@stnicholaspittsfield.org by 8:30 a.m. the day **before** each service you wish to attend. **Note: All attendees must pre-register.** We will confirm your registration by email. In your email, please list:
 - Full names of those who wish to attend (including any guest you want to bring)
 - Any names for the living and departed for whom you want the priest to pray when you register.
 - If you wish to buy a candle(s) please indicate that in the email so the **usher** can pick them up and light them for you.
- **Bring your own service books** with you and take them home; for safety purposes we may not distribute papers/books; you may also use phones/tablets in church to follow service texts.
- **Bring your own face mask** with you to Church. Masks must cover nose and mouth and worn at all times except while receiving Holy Communion.

Please Remain Home If:

- You have **symptoms** of or currently have COVID-19 or have recently tested positive for COVID-19—you should remain home for 10 days after the test, assuming no further symptoms. Symptoms include: *fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.*
- You have been exposed to or are caring for those with COVID-19—you should stay home for 14 days or until those with COVID-19 are no longer symptomatic or ill.
- You are especially vulnerable* (see below) to COVID-19 due to age or an underlying medical condition.
- You have attended any large events/places (with many people) where social distancing and safety precautions are not in place within the last 21 days.
- You have travelled outside of Massachusetts - you must quarantine for 14 days after returning. Massachusetts travel restrictions may change from time to time. Currently the acceptable states to travel to/from without quarantine are : Connecticut, District of Columbia, Maine, New Hampshire, New York, and Vermont. <https://www.mass.gov/info-details/covid-19-travel-order>

Upon Arriving:

- **Masks are required for adults.** The Massachusetts directive on children and masks states: "Children under the age of 2 years should not wear face coverings or masks. For children 2 years of age and older, a mask or face covering should be used, if possible. Mask use by children 2 years of age and up to the age of 5 is encouraged but should be at the discretion of the child's parent or guardian at this time. Parents

and guardians should ensure that the mask fits snugly and does not obstruct a child's ability to breathe."

- **Disinfect your hands** with provided hand sanitizer and maintain 6 feet social distancing at all times. Family members may stay together.
- **Your temperature** will be taken and needs to be below 100.4 F
- **An usher will guide you** to a seat where you must remain.

In Church:

- Ask the usher to light candles for you.
- Please do not touch anything in Church, other than the pew/chair where you sit; venerate icons and priest hands by bowing only in your designated space.
- Use the designated baskets for stewardship.
- **Bathroom:** we ask that everyone who uses a bathroom clean with disinfectant before and after each use and wipe all surfaces you touch.
- Families with children— please keep little ones near you so they don't wander.
- We have new air circulators and heating filters; we may choose to keep doors open for healthier air circulation, so dress warmly.

Singing and Prayers:

- We ask that all prayers both communal and private be **silent/quiet**.
- Singing will only be done by up to three designated singers/chanters.

Communion Protocols:

- Priest/Deacons will wear masks and shields.
- Communion will be distributed with individual spoons.
- Please keep your mask on until it's your turn to receive communion; when approaching the Chalice there will be a table with paper napkins; please take a napkin, hold it under your chin when receiving Communion, and then afterwards place the napkin in the basket, put your mask back on and return to your designated area.
- At this time for safety we will not distribute prosphora or wine afterwards.

After the Service:

- Please depart promptly after the service, maintaining social distancing protocols; please follow entry and exit doors—we ask that you refrain from lingering.

***Vulnerable populations:**

According to the CDC, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19, including: chronic lung disease or moderate to severe asthma, those with serious heart conditions or immunocompromised, people with severe obesity or diabetes, kidney disease or undergoing dialysis and people with liver disease