

# Grand Avenue UMC Trustees Announce Updates to COVID Guidelines

The COVID numbers have been in steady decline in our county, and many in our congregation have been vaccinated. In response to new guidelines from the CDC, our Trustees have voted to relax our COVID policies while maintaining a safe environment for all. Your cooperation is greatly appreciated. As of Sunday, May 23:

- We no longer require temperature checks to enter the building.
- We offer in-person worship Sunday at 8:30 and 10:45 a.m. (We will continue to offer opportunities online as well.)
- We have re-opened the doors at the Quapaw Entrance on Sunday mornings (Enter at Quapaw for worship at 8:30; enter at Quapaw or at the Office for worship at 10:45.) Greeters will continue to record names and phone numbers for all who attend.
- Mask wearing is optional following CDC guidelines: Those who are fully vaccinated are not required to wear a mask or socially distance. Those who are not fully vaccinated are asked to wear a mask and practice social distancing. Regular hand washing is recommended for all. (Seating in classrooms at the back of the Sanctuary will be reserved for those who still choose to practice “social distancing.”)
- Sunday School classes and other groups may resume regular meetings in person beginning June 1.
- Meals will be served in Fellowship Hall, but only as part of our bereavement ministry. Pre-packaged snacks may be served to children and youth. Individuals may bring a personal beverage in a sealed container.

For more information, contact the church office (501 623-5626). For other activities, see the CDC guidelines below.

## CDC Guidelines for Choosing Safer Activities

The CDC has published the charts below, with the green symbol representing the safest; the yellow symbol is less safe; and the red symbol is the least safe.

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		<b>Outdoor</b>	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		<b>Indoor</b>	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

### Get a COVID-19 vaccine



**Prevention measures not needed**



**Take prevention measures**

Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

