

## **Healthy Adult/Child Guidelines**

In our Re-Opening Plan the first two phases state that anyone who is sick or vulnerable should stay home and worship virtually online instead of attending the church's large gathering. This clarifies what we mean by sick and vulnerable.

Below is a list of symptoms that describe an adult or child who is considered "sick" and should not attend a Church gathering and put others at risk by spreading that sickness through proximity or contact.

- Persistent coughing
- Persistent sneezing (*other than allergies*)
- Any discolored nasal discharge
- Vomiting
- Sore Throat
- Difficulty breathing
- Earaches
- Diarrhea (*two or more loose bowel movements*)
- Fever (*over 99° within the last 24 hours*)
- Red eyes with discharge
- Stomachache
- Rash
- Unusual fatigue and irritability (*general feeling of un-wellness*)

The category "Vulnerable" includes those who suffer from pre-existing conditions that make you more susceptible to infection. Things like: recent surgery, chronic illness, cancer treatments, smoking habit, anything that compromises your immune system or negatively impacts our lung function would put you in the vulnerable category.

Please respect your family in Christ and cooperate with self-diagnosis in these areas to know when you should refrain from worshipping with us during the phased in re-opening of Lakeview Chapel.