EAST MT. ZION BAPTIST CHURCH
COVID-19 IMPACT PROCEDURE

In an abundance of caution, we will not worship in-person for the next two (2) Sundays in December, the 19th and 26th. After the new year, additional details on Sunday worship services will be communicated as we continue to monitor the Coronavirus and its impact on the health and safety of our membership.

We ask each of you to continue to take these steps to reduce your risk of getting and spreading COVID-19:
• Correctly and consistently wear a mask that completely covers your nose and mouth
• Stay at least 6 feet away from others who do not live with you
• Avoid crowds
• Avoid poorly ventilated indoor spaces
• Stay home when you are sick
• Wash your hands frequently with soap and water for at least 20 seconds (or use hand sanitizer containing at least 60% alcohol)
• Get vaccinated when the vaccine is available to you
• Get tested if you have signs or symptoms of COVID-19, or if you think you may have been exposed to someone with COVID-19

Even if you and others (including children) do not feel sick and do not have any symptoms, you can still spread COVID-19 to family, friends, and community. Do NOT be around others if you have been exposed to someone with COVID-19, if you are sick, or if you have tested positive for COVID-19.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear
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2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

We are concerned with keeping everyone safe and healthy this holiday season and in the weeks to come. Please adhere to the COVID protection guidelines for the protection and safety of you and your family.