

Evergreen Heights Christian Fellowship COVID Home Church **Recommendations & Procedures**

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Dr. John Pearce

Section 1: “Social Circle/bubble” rules for COVID as per Public Health Ontario

- 1) Resource for COVID “social circle/bubble” rules:
 - a) <https://www.cbc.ca/news/canada/toronto/ontario-covid-19-social-circle-rules-1.5609621>
- 2) Home church/group procedure based on Public Health Ontario “social circle/bubble” rules:
 - a) Start with your current circle (those you live with)
 - b) If current circle <10 people then you may add more to your circle
 - i) Consider those at highest risk of getting COVID (i.e. >70 yo) being part of their own unique social circle to limit risk from others (i.e. younger individuals, essential workers etc).
 - ii) Consider combining those with kids to have playmates of similar age etc.
 - c) Get agreement from all participants that this is your social circle
 - i) participants are not to participate in multiple social circles
 - d) Essential workers (i.e. healthcare professionals, police officers, paramedics, personal support workers etc.) can participate in any social circle so long as the other members are aware of the risks and agree to them.
 - e) Keep the social circle safe (i.e. not participating in other social circles, physical distancing with those outside of the current social circle etc).
 - f) Perform the following in general while participating in social circle:
 - i) Hand hygiene
 - ii) Cough and sneeze into arm sleeves (no exception, not into kleenex or handkerchief etc.)
 - iii) Physical distancing with those OUTSIDE of your social circle keeping 6 ft apart
 - iv) Anyone who becomes sick is to self isolate for 2 weeks and should contact their healthcare provider or local public health to get tested for COVID.
 - v) Everyone ought to continually monitor themselves for COVID. They can use the public health self assessment tool if unsure:
<https://covid-19.ontario.ca/self-assessment/>

Section 2: General Resources COVID Risks and Assessment:

- 1) Resources
 - a) Risk assessment document
 - i) <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/mass-gatherings-risk-assesment.html>
 - b) Specifics depending on context exposure (i.e. place of worship, home gatherings etc)
 - i) <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/lifting-public-health-measures.html#af>
- 2) **Gatherings general procedures requirements (NOTE: 'social circle' doesn't require physical distancing requirement):**
 - a) Core personal practices supported
 - i) i.e., provide access to soap and water or an alcohol-based hand sanitizer.
 - b) Physical distancing measures added
 - i) i.e., size limit, accessible floor markings and or signage, telework, live streaming, multiple services with reduced numbers and consideration separated based on age groups to limit those at greatest risk >70 years of age etc.
 - ii) Social circles/bubbles are excluded from this requirement
 - c) If unable to create physical distance then using cloth or NMM (non-medical mask) mask is appropriate
 - i) Not required for children <2 years of age or those who can't cooperate with using a mask (i.e. developmental disabilities).
 - d) Non-medical mask (NMM) use as per local recommendations
 - i) Social circles/bubbles are excluded from this requirement
 - e) Screening/assessment (active or passive) in place for symptoms of COVID-19
 - i) I.e. active screening: log in sheet with name, contact info, symptom checklist screening and temperature measurement recorded.
 - f) Environmental cleaning increased
 - i) I.e. common spaces, high-touch surfaces, shared equipment etc.
 - g) Ventilation increased
 - i) i.e. consider outdoors if not possible then choose areas indoors with increased ventilation.
 - h) Increased protective measures for vulnerable populations