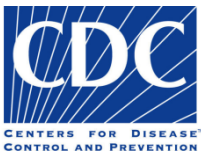


COVID Safety Practices: White Bear Unitarian Universalist Church

We are so glad you are here!

Please help us make our spaces as safe and inclusive as possible by practicing the following:

- Register or RSVP for events where required;
- Stay home if you have had recent COVID symptoms or a recent close contact within a week of the event (see the [CDC](#) guidelines for Close Contact below);
- Stay distanced and masked during the event with the understanding that some at the event may not have been vaccinated;
- Please note that some spaces will be off-limits, and take note of reduced capacity limits in restrooms;
- Follow CDC recommendations for handwashing;
- For public health purposes, we ask that you let us know if you have tested positive for COVID within 48 hours after the event (and be sure to talk to your health care provider about contact tracing. See MDH guidelines for [contact tracing](#)). We will not share your name.
- Make sure that we have your correct contact information.



What is a “Close Contact?” | From CDC.GOV

Someone who has been within [6 feet of an infected person](#) (laboratory-confirmed or a [clinically compatible illness](#)) for a cumulative total of 15 minutes or more over a 24-hour period (*for example, three individual 5-minute exposures for a total of 15 minutes in one day*). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for [discontinuing home isolation](#).

Public Health Recommendations:

Except in certain circumstances, people who have been in close contact with someone who has COVID-19 should [quarantine](#). However, the following people with recent exposure may NOT need to quarantine:

- People who have been [fully vaccinated](#)
- People who were [previously diagnosed with COVID-19](#) within the last three months