

Personal Care Requirements, Approved by Board of Trustees, August 9, 2022

Note: These requirements will be updated soon to harmonize with new COVID guidance as of October, 2022.

MVUC Personal Care Requirements for Employees, Congregants, Friends and all Visitors

MVUC employees, congregants, friends, visitors, and their children may now attend all indoor and outdoor services or other events at MVUC. All individuals must comply with limitations as listed below:

1. If you have been exposed to a known COVID case, you must be symptom-free for 2 full days and rapid antigen test negative on the day you plan to attend services/activities.
2. You should not come to MVUC if you have symptoms that could be COVID, if you are symptom-free but have tested + for COVID, or you have had COVID for less than 5 days.
3. If you have had COVID you should stay at home for at least 5 days.
4. You may attend MVUC services/activities after 5 days in-home isolation only if you have been symptom-free for 2 full days and have had a negative rapid antigen test on the day of the service/activity.
5. If your rapid antigen test is positive after 5 days, and you are asymptomatic for an additional 2 full days, you may then return to MVUC after a negative rapid antigen test.
6. Continue this process of every two-day testing until your rapid antigen test is negative.
7. Under all circumstances do not return to church until your rapid antigen test is negative.
8. Vaccination is **required** for all individuals 6-months of age and older, unless medically contraindicated (see <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html> and check with your doctor).
9. Children currently receiving vaccinations, but who have not completed the primary vaccination course, may attend MVUC services and activities starting fourteen days after receiving their immunization shot.
10. All adults and children 2-years of age and older must wear snug fitting N95, KN95 or KF94 face masks that completely cover their nose and mouth at all times when indoors. Other paper masks and cloth face masks are not permitted as these are less effective.
11. Masks are optional for outdoors but strongly encouraged for those who are vulnerable.
12. If you are diagnosed with COVID within one week of attending a service or activity at MVUC please notify the church administrator.

Individuals who choose not to comply with the guidance above should not attend services or activities at MVUC.