

## **FLC Protocols**

July 1 – Sept. 6, 2021

These protocols have been put in place as part of our Communicable Disease prevention plan. To reduce your risk, risk to those around you and your household, and those to whom you are ministering, everyone using FLC is strongly encouraged to be fully COVID-19 vaccinated within this period.

### **General Guidance**

Follow physical distancing, hand hygiene, and respiratory etiquette.

- Stay at home if you are feeling sick or experiencing cold or flu symptoms.
- Wash your hands with soap and water for at least 20 seconds or sanitize your hands as you enter the building, after touching common, public or shared items, after using the washroom, and as you leave.
- If sinks are not available (e.g. outdoors), use an alcohol-based hand sanitizer rub containing at least 60% alcohol.
- If hands are visibly soiled, alcohol-based hand rub may not be effective at eliminating respiratory viruses. Soap and water are preferred when hands are visibly dirty.
- Avoid touching your face, eyes, nose or mouth with unwashed hands.
- Practice good respiratory etiquette by covering the mouth and nose with the crease of the elbow or with a disposable tissue when coughing or sneezing. Throw away used tissues, and immediately wash your hands.
- Continue physical distancing of 2 meters for those not fully vaccinated.

### **Masks**

- Masks are recommended indoors for everyone.
- Masks are required indoors if you are not fully vaccinated (received both doses and 14 days have passed since your second dose).

### **Contact Tracing**

- Note the date, your name, contact information and rooms you will use on the sign in sheet when you enter the building.