



# Holy Ascension Orthodox Church

## MINIMISING SPREAD OF COVID AND OTHER COMMUNICABLE RESPIRATORY ILLNESSES

### CONDITIONS OF ENTRY

Those feeling unwell physically (including children) must refrain from attending until they are certain of their diagnosis. Symptoms may include, but not limited to, cough, cold, runny nose, fever, headache, sore throat...

Feel free to wear fitted face masks covering the mouth and nose.

Disinfect hands by using hand sanitizer which is conveniently located at the candle table, kitchenette, and store room.

Disinfect hands by washing them thoroughly with soap for 40-60 seconds.

Avoid touching your mouth, nose, eyes and ears with your hands.

Rear doors will be left open and air purifier/air-con/heater on for extra ventilation.

If you must cough or sneeze, do so using a tissue or handkerchief. If you are able to do so, exit the premises promptly to safely cough or sneeze into a tissue or handkerchief. It is a must that you have or bring a supply of tissues or a handkerchief. Otherwise cough or sneeze into your closed elbow away from others.

In general, follow recommendations and instructions given by the Superior and official health authorities.