

Coronavirus Information for Sunday Worship at Mount Carmel

We would like everyone to be able to be with us for worship, but we have to ask you to stay away if there is an indication that you could be infected with the coronavirus. We ask you not to come to worship if:

1. You have a temperature over 99.5 degrees, OR
2. You have any of the COVID symptoms: fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, OR
3. You have been exposed to someone with COVID or who has COVID symptoms

The State of Minnesota encourages everyone who is at higher risk for severe illness with the coronavirus to stay home and not attend worship. The State of Minnesota defines “at-risk persons” as people who are:

- i. 65 years and older.
- ii. Living in a nursing home or a long-term care facility, as defined by the Commissioner of Health.
- iii. Any age with underlying medical conditions, particularly if not well controlled, including:
 - a. People with chronic lung disease or moderate to severe asthma.
 - b. People who have serious heart conditions.
 - c. People who are immunocompromised (caused by cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, or prolonged use of corticosteroids and other immune weakening medications).
 - d. People with severe obesity (body mass index (BMI) of 40 or higher).
 - e. People with diabetes.
 - f. People with chronic kidney disease undergoing dialysis.
 - g. People with liver disease.

While you are at worship, we ask you to follow the normal procedures for preventing the spread of COVID:

1. We ask you to stay at least 6 feet away from people not in your family, both at worship and coming and going to worship.
2. If you start to feel sick, we ask that you leave.
3. Use proper cough/sneeze etiquette.

We strongly encourage all people attending worship to wear masks or face coverings.

We are planning to worship outside. Please dress accordingly. We often have a cool breeze coming from the lake. In case of rain, we will have worship in the chapel.