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# COVID-19 Mitigation Plan



## Scope

- Resurrection Lutheran Church, Juneau, Alaska (RLC) has adopted this COVID-19 mitigation plan ("Plan") in compliance with State of Alaska COVID-19 Plan Forward and Phase III/IV Guidance issued on May 22, 2020.
- RLC is committed to providing a safe and healthy environment for staff, congregation members, volunteers and the public. To ensure that, we have developed the Plan in response to the COVID-19 pandemic, staff, congregation members and volunteers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our church; and this requires full cooperation among staff, congregation members, our volunteers and the public. Only through this cooperative effort can we establish and maintain a safe and healthy environment for everyone.
- RLC expects staff, congregation members, volunteers and the public to follow this Plan. Staff and congregation members are responsible for implementing and complying with all aspects of this Plan. RLC staff have the full support of the congregation council in enforcing the provisions of this Plan. Our staff, congregation members and volunteers are cherished gifts we use in service to Christ. We are serious keeping everyone safe and healthy. Everyone's participation is essential in developing and implementing a successful COVID-19 policy. Our Plan follows Centers for Disease Control and Prevention (CDC), the State of Alaska guidelines and federal OSHA standards related to COVID-19 and addresses

## Individuals Exhibiting Signs and Symptoms of COVID-19

- Staff, congregation members and volunteers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. Staff, congregation members and volunteers are required to assess their health status prior to entering the church. Staff, congregation members and volunteers are required to report when they are sick or experiencing symptoms.
- Any individual or family member who is ill with COVID-19 must be immediately isolated in their home or other permitted place of isolation. See <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>.
- Any individual who exhibits symptoms of COVID-19 illness must not leave their home or place of dwelling within 72-hours of their last fever, including to work, except as necessary to seek or receive medical care. Individuals who are symptomatic, but did not manifest a fever, must not leave their home or dwelling place until they no longer exhibit symptoms.
- Any individual who exhibits symptoms of illness may not participate in gatherings that include non-household members for at least 72-hours past their last fever. Individuals who are symptomatic but did not manifest a fever must not leave their home or dwelling place until they no longer exhibit symptoms.
- Individuals who have known exposure to a person who has tested positive for COVID-19 shall self-quarantine for 14-days following the last exposure and shall not participate in any gatherings with non-household members.

## Gatherings

- Six-foot distancing must be maintained between non-household members (see Social Distancing, below).
- When possible, a separate entrance and exit for gatherings will be provided and clearly designated.
- Fabric face coverings must be worn, when possible (see Respiratory Etiquette, below). See State of Alaska COVID-19 Health Alert 010 for helpful information on face coverings:

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- [http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/SOA\\_04032020\\_HealthAlert010\\_ClothFaceCoverings.pdf](http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/SOA_04032020_HealthAlert010_ClothFaceCoverings.pdf).
  - Frequent handwashing by staff, congregation members and volunteers, will be performed, and an adequate supply of soap, disinfectant, hand sanitizer, and paper towels will be available (see Handwashing, below).

### **Handwashing**

- Staff, congregation members, volunteers and the public are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially when they arrive at the church and before they leave, prior to any mealtimes and after using the toilet.
- The public entering the church will be asked to wash their hands immediately upon entering the church. Some entrances have hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) that can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

### **Respiratory Etiquette**

- Staff, congregation members, volunteers and the public are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward.
- Face covering etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all staff, congregation members, volunteers and the public.

### **Social Distancing**

- Six-foot distancing must be maintained between non-household members.
- In some areas, markings on the floor or seating delineates six-foot distancing.
- Staff, congregation members, volunteers and the public are prohibited from gathering in groups and confined areas, including elevators.
- When possible, a separate entrance and exit for gatherings will be provided and clearly designated.
- Staff, congregation members and volunteers may not use others' personal protective equipment (PPE), phones, computer equipment, desks, workstations, offices or other personal tools and equipment (unless such has been thoroughly sanitized before use).

### **Housekeeping**

- Regular housekeeping practices include routine cleaning and disinfecting of work surfaces, equipment, and areas in the work environment, including sanctuary, fellowship area, downstairs, meeting rooms and restrooms.

### **Communications and Training**

- This Plan was initially communicated to all staff, congregation members, volunteers and the public starting on May 1<sup>st</sup>, 2020 (and revised on May 22<sup>nd</sup>) by:
  - to all staff and congregational members by email;
  - to all staff, congregation members, volunteers and the public by posting RLC's website [www.rlcjuneaul.org](http://www.rlcjuneaul.org); and
  - to all staff, congregation members, volunteers and the public who enter the church by summary posters with copy of this Plan to take at all entrances.
- Initial training will be provided to staff, congregation members and volunteers as soon as reasonably possible upon their return to the church. Additional communication and training will be ongoing and provided to all staff, congregation members and volunteers.
- Staff will monitor effectiveness of the Plan and its implementation by staff, congregation members and volunteers, and updates to the Plan and training will be made as necessary.

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## Questions and Comments

Questions and comments regarding this Plan should be directed to RLC staff and/or congregation council.

## Additional Resources

- General  
<https://covid19.alaska.gov/>  
<https://www.cdc.gov/coronavirus/2019-nCoV>  
<https://www.osha.gov>
- Individuals Exhibiting Signs and Symptoms of COVID-19  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- Gathering  
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/guidance-community-faith-organizations.html>
- Handwashing  
<https://www.cdc.gov/handwashing/when-how-handwashing.html>  
<https://www.cdc.gov/handwashing>  
<https://youtu.be/d914EnpU4Fo>
- Respiratory Etiquette  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>  
[https://www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)
- Social Distancing  
<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>
- Housekeeping  
<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-church.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>  
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>  
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
- Communication and Training  
<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html>  
<https://www.osha.gov/Publications/OSHA3990.pdf>

Issued on May 1<sup>st</sup>, 2020.

Updated on May 8<sup>th</sup>, and 22<sup>nd</sup> 2020.