Wellness Guidelines

The wellness guidelines are going to be very strict this summer for New Hope. We ask that you help us keep our space as safe a place for everyone as possible!

Please DO NOT ATTEND SUNDAY GATHERING if you can say YES to any of the following:

Myself or a member of my household has...

- had a fever (100.4 degrees) within the last 72 hours (without Tylenol or Ibuprofen)
- had a change from normal wellness or feeling poorly, like...
  - new fatigue/body aches/poor energy
  - cough and/or trouble breathing
  - congestion/runny nose
  - nausea/vomiting/diarrhea
  - headache
  - change in taste/smell
  - sore throat
  - anything else that is unusual

**Adapted from the CDC and KDHE**

- traveled within the last 14 days to another country or state that is a hotspot: Florida, Cruise ship, River Cruise, or anywhere outside of the US. (These will be updated as we go.)
- been around someone awaiting test results for COVID or with lab-test confirmed COVID.
- been infected with COVID. (Please be cleared by your healthcare provider before returning – no earlier than 10 days from the onset of symptoms)

***These may seem overly restrictive, but these recommendations are for the protection of your family and those within our church family who could be greatly affected by the virus***

Thank you for cooperating and helping us keep everyone healthy and safe!

- New Hope Church