

# Social Distancing

## *for Faith-Based Organizations*



# Objectives

- Following this training, the learner will be able to:
  - Define Social Distancing
  - Understand how infectious diseases can be spread
  - Understand methods of prevention of infectious diseases
  - Know the role of Communities of Faith concerning social distancing





# Social Distancing

- Social distancing is a prevention method that reduces the spread of infectious diseases by limiting the proximity and frequency of contact between potentially infected individuals and others



# Social Distancing

- There are many simple steps you can take to protect yourself from infectious diseases
- Protecting yourself is essential to keep you and those around you healthy



# Social Distancing

- Wash your hands often
- Cover your mouth while coughing and sneezing with the pit of your elbow
- Stay at home when you are sick



# Indirect/Droplet Transmission

- Droplets are spread during coughing and sneezing, and
  - Can land on hands, doorknobs, toys, tables or other surfaces,
  - Can last for hours and are contagious,
  - Can spread common infection like COVID-19, influenza, strep throat, mumps, and bacterial meningitis
- Droplets are created when you speak
- Droplets fall to the ground within a few feet (requiring people to be close to one another to transmit infections)





# Airborne Transmission

- When bacteria or viruses travel in the air on either dust particles or small droplets from people sneezing, coughing, laughing, or exhaling
- Direct contact with someone who is infected is not necessary to become ill
- Measles, tuberculosis, chickenpox, and COVID-19 (recent finding) are some of the common infections that can be spread through the air



# Prevention Methods

- Encourage use of masks among staff and congregants as applicable
- Frequent handwashing for at least 20 seconds with soap and water
- Appropriate use of hand disinfectants containing at least 60% alcohol
- Standing at least 6 feet away from others who may be infected





# Prevention Methods continued...

- Canceling or postponing in-person services and other gatherings
- Clean and disinfect high-touch surfaces and objects regularly
- Complying with regular immunizations
- Practicing social distancing



**DUE TO COVID  
WORSHIP  
SERVICES  
CANCELLED  
UNTIL FURTHER  
NOTICE**

# What Can You Do at Home?

- When ill, avoid contact with people as much as possible
- Cover your coughs and sneezes with the pit of your elbow
- Keep a distance of six feet from others whenever possible
- Wash or disinfect your hands frequently



# What Can You Do at Places of Worship?

- Stay home if you are sick
- Staff and/or congregants should not return until at least 24 hours after your last fever, without fever reducing medication
- Avoid or limit physical contact (e.g., shaking hands, hugging, or kissing)
- Consider temporarily limiting the sharing of frequently touched objects, such as books and hymnals
- Use online platforms instead of face – to – face meetings or services whenever possible

# Role of Faith Based Communities

- Ask people to stay home when sick and avoid others while infectious
- Offer options for high-risk staff and congregants that limit their exposure risk (e.g., remote participation in services)
- Take steps to minimize community sharing of worship materials and other items
- Train all clergy and staff to ensure that social distancing and safety measures are observed
- Establish and maintain communication with local health department and State authorities to determine current mitigation levels in your community







# Contact Information

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