



As of June 1st many of the stay-at-home orders were lifted across the country, even though the COVID case counts remain high or may have in some cases just started to decline. It feels like we have been left pretty much on our own to decide what activities would be appropriate to participate in and which ones should we continue to avoid.

While there is no way to ensure zero risk of infection, it's important that you have the information you need to understand the potential risks and how to safely engage again. The CDC has provided some good questions to ask before participating in an activity that may make your decision easier:

1. How many people will I be interacting with?

Interacting with more people raises your risk, especially when that group is not social distancing or wearing cloth face coverings. Your risk is also increased when you participate in activities with new people.

2. Will this activity put me in close contact with others? Will it be outdoors or indoors?

The closer you are to other people who may be infected increases your risk of getting sick. A safer location will have physical barriers, like plexiglass, or have modified layouts to help keep you distanced from others. They may also have signs or arrows to help you maintain your distance from others. Remember that indoor spaces are more risky because it might be harder to keep people apart and there's less ventilation.

3. What's the length of time that I will be interacting with other people?

Spending more time with people who may be infected increases your risk of becoming infected.

4. Will I have to share any items, equipment, or tools with other people?

It's safer to choose activities where there is limited sharing of items. If you do share items, make sure they are thoroughly cleaned and disinfected between uses.

5. Is COVID spreading in my community? Does my activity require travel to another community?

Please take time to review updates from our local health department and/or from the community you are going to. Please see MN Department of Health site for the most recent updates:

<https://www.health.state.mn.us/diseases/coronavirus/situation.html>.

If you do decide to participate in an activity, please continue to protect yourself and others by self-monitoring for symptoms, not touching your face with unwashed hands, washing your hands often, social distancing, disinfecting surfaces, wearing a cloth face cover, and staying home if you are sick.

The CDC can't provide the specific risk level for every activity. Every community has been affected differently. That's why it's important for you to consider your own situation and the risk of each activity before going out. Luke encourages us to assess each situation and then make our choice wisely.

"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?" Luke 14:28

Please stay informed about latest COVID risks and scientific findings. You can go to www.cdc.gov/coronavirus/2019-ncov/daily-life-coping, www.reopeningthechurch.com, or <https://staysafe.mn.gov/> for the most up-to-date information.

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