MCJC COVID-19 POLICY August 18, 2023

As we enter the New Year, the MCJC Board is pleased to see High Holy Days services returning to our beloved shul. Our foremost concern continues to be for the health, safety and feelings of all members of our community. At a minimum we will follow all current County Public Health County guidelines. We encourage you to each be mindful of your own health needs as COVID-19 variants continue to factor in our lives.

You may choose to mask when attending live services. MCJC will offer hybrid services. With your continued financial support can maintain the technology for these fully interactive Zoom services for remote participants.

As of August 18th 2023 in Mendocino County, the COVID-19 hospital admission level is Low. You can check for updates here: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

We ask that you please observe these important rules when attending any shul event, *both indoor and outdoor*:

> ==Do not attend services or activities if you are ill or if you test positive, with or without symptoms.== Use the CDC isolation calculator found here: https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html
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> People with close exposure to someone with COVID-19 should wear a high-quality N-95 mask for 10 days from last close contact. *Testing is recommended no sooner than day 5.*
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> After you have ended any isolation period, and when you are feeling better (no fever for 24 hours without the use of fever-reducing medications and symptoms improving), then wear your mask through day 10 **OR** Use antigen tests:
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> After two sequential negative antigen tests 48 hours apart, you may remove your mask sooner than day 10. *If you test positive*, continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

Thank you for taking care of yourself and our community. We will continue to update our policy as conditions change.