



ONSITE GATHERING PRECAUTIONS

Menlo Church wants all of our onsite gatherings to be warm, welcoming and safe. We are following CDC guidelines.

- Masks are required indoors at student programs - this applies to everyone: students, volunteers, staff
- Food must be consumed outdoors.

Additional guidance:

- Regardless of vaccination status, please stay home and monitor your health if you have any of the symptoms of COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- Additionally, if you are unvaccinated and any of the following circumstances apply to you, please stay home as well:
 - You have tested positive for COVID-19
 - You have been in close contact with someone who has COVID-19
 - You have traveled outside of California in the last 10 days

VACCINE RESOURCES

- If you need help scheduling your first shot, visit [vaccines.gov](https://www.vaccines.gov) to find a location near you.
- If you are concerned about the impact of the vaccines, go to [christiansandthevaccine.com](https://www.christiansandthevaccine.com) to learn more about the vaccines and answers to theological questions related to the vaccines.