

ChristFellowshipSLC.com

WELLNESS & GATHERINGS

We are a committed church family! We love to study the Word, sing songs, pray and break bread. We love to gather together! According to Acts 2, this is the way it should be.

Even when we are not feeling well, we want to be with our brothers and sisters. Again, this is the way it ought to be. Because of this good and right desire, sometimes it can be tough to know when to stay home so that the wellness of others isn't compromised. We have put together a couple questions/answers to help our congregation know when it is best to sit out of a time of fellowship for the sake of others.

Why would we consider staying home if we are sick? Here are a few examples to reflect on:

- We have new babies and older folks in our congregation. A common cold can turn into something much more significant for them.
- We have large families in our church. In a bigger family, sickness can take them out of gatherings for weeks at a time.
- We have pregnant moms that are growing humans. This is a tough job even when they are healthy.
- We have kids with weak or compromised immune systems. If people attend gatherings when they are sick, these children will not be able to regularly participate in church life.

What symptoms or illnesses could be a danger to others? Here are some recommendations we compiled from a variety of church wellness policies:

- FEVER: Should be fever (100 degree or more) free for 48 hours without medication.
- VOMITING/DIARRHEA: Should be episode free for at least 48 hours. A person is still contagious even after acute symptoms have subsided.
- STREP THROAT: Should have started antibiotics 48 hours before attending.
- NASAL DRAINAGE: Should not attend until mucus becomes clear in color.
- SORE THROAT/COUGH: Should not attend with a sore throat, croup or persistent coughing associated with respiratory infection.
- PINK EYE: Attend only after 48 hours of antibiotics, no matting or drainage occurs, and the person is no longer rubbing the eye.
- CHICKEN POX: Should not attend until all spots are scabbed over and is no longer scratching or touching scabs.
- RASH: Person with an unexplained or contagious rash should not attend.
- LICE/OTHER INFESTATION: Should not attend until after treatment, and all live lice and visible nits have been removed.