

Covid 19 update – April 2022

A gentle reminder to all who attend Sunday Worship or any of the additional activities that take place throughout the week within Kingcase Church and its halls.

The latest Scottish Government and Church of Scotland guidance clearly reminds us that this pandemic is not yet behind us. Infection rates remain high, and the present variants are highly transmissible and continue to infect people and be transmitted, even by those who are double vaccinated. Even though new variant infection causes less clinical severity in vaccinated people, such infections still pose significant and, in some cases, lethal risk to those who are non-vaccinated and still have the capacity to overwhelm the NHS. Care should continue to be taken in all aspects of personal and church life.

- Kingcase Church will continue to mitigate risks by maintaining good hygiene and ensuring good ventilation throughout its buildings.
- Whilst social distancing is no longer required, for those who prefer to keep their distance, we have maintained an area of seating within the Sanctuary where 1 metre social distancing remains.
- Face masks are no longer required to be worn inside our Church building; however, you can still wear a face covering if you prefer. The Scottish government and health experts are still strongly advising people to continue to wear masks voluntarily.
- We will maintain good hand hygiene practices – offering hand sanitiser facilities on entry to and exit from all our Church buildings.
- To reduce cross contact transmission risk, hymn books and bibles are available, should you require. You are requested to place any used hymn books, bibles in the storage box situated at the exit point when leaving the Church.
- Our duty teams will continue the cleaning of all touch points following Sunday worship in line with Health Protection Scotland guidance. We will continue to open the Vestry corridor door to ensure appropriate ventilation is provided.

We all have our part to play, and should consider and respect others' wishes, especially if they make it known that they need a little more space whilst at worship. Read further the 'Distance Aware scheme' [Coronavirus \(COVID-19\): distance aware scheme - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/coronavirus-covid-19-guidance-distance-aware-scheme/pages/1-1-introduction.aspx)

The status of the Scottish Government and Church of Scotland COVID guidance is now regarded as 'good practice' rather than regulations.

PLEASE do not attend Church if you or anyone in your household have any of the following symptoms: [Coronavirus \(COVID-19\) symptoms in adults - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/)

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.