



January 1, 2023

NEW LIFE GLENSIDE

In-person policies as of January 1, 2023

→ *As an act of love, please verify your health before attending in-person services.*

Since April 2022 in Montgomery County, and even across the country, the CDC and our Montgomery County Department of Public Health has recommended that for communities where the virus transmission and hospitalization rates are no longer high, wearing masks can be optional. That includes children in school and social gatherings.

In Montgomery County, that is now where we are at.

The elders of New Life Glenside have the current masking policy for the following groups and Sunday services:

The Session lifted the masking requirement for our earlier worship service last April. This means both services, as well as most other meetings (including AdultEd classes, Jr/Sr High, and KidsLife), are mask optional.

- Live-streaming continues to be available at home during the 11:00 service. This continues to be a good option for those who are not feeling well, are within an isolation period following positive test for COVID-19 or another illness, or are otherwise currently unable to attend in-person.

For those in attendance wearing masks following the end of isolation, or following exposure with no symptoms, we still recommend the use of N95, KN95, or KN94 masks (rather than cloth masks) because of their high effectiveness.

We still ask everyone to be considerate and cautious for the following health situations (see next page):

NOTE: Questions about any specific health issues should be directed to your healthcare provider.



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1. If you are ill: According to updated health guidelines, we ask everyone to **NOT ATTEND** any worship service or in-person event if you are ill with a cold, flu, fever, or symptoms of COVID-19 that are current and active.
2. If you have recently **tested positive for COVID-19**, we ask that you follow the guidelines from the CDC:
 - Regardless of your vaccination status, stay home for 5 full days (starting the day after the beginning of symptoms or the date of your COVID-19 test), and isolate yourself from others. Please do not come to church or any church gatherings until you have met these CDC guidelines for ending isolation: [Calculating Isolation](#)
 - Following the end of isolation, wear a well-fitted mask (N95, KN95, or KN94 masks are recommended because of their high effectiveness) when around others for an additional 5 days.
3. If you have **been exposed** to someone who tested positive for COVID-19 within the past 5 days, please follow these CDC guidelines:
 - If you do not have symptoms and do not test positive, you do not need to isolate. You are free to come to church and church gatherings, but please wear a well-fitted mask for at least 10 days from the date of exposure (regardless of vaccination status).
 - If you were exposed and had a confirmed COVID-19 test result within the past 90 days, but have since tested negative and cleared isolation, you do not need to isolate upon a more recent exposure unless you develop symptoms. You are free to come to church and church gatherings, but please wear a well-fitted mask for at least 10 days from the date of exposure.



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Building-related information:

- Following renovation, our worship space is significantly more open, and our outside air exchange in the sanctuary is very good.
- We ask that you check in at the Welcome Desk before going into the service or classes. While potential contact tracing is less of a concern than when we implemented this Welcome Desk, we continue to use the desk as a welcome center. Please try to arrive 10-15 minutes before the service, as checking everyone in takes time.
- While we are no longer live-streaming the service in an overflow room, we continue to live-stream the 11:00am service online for those who are sick or otherwise unable to join us in person on any given Sunday. The livestream page is accessed easily via a link on the homepage of newlifeglenside.com.

Additional important information:

For further information on the procedures described above, please see the guidelines found in the links below from the Montgomery County Department of Health and the CDC:

[Montgomery County Department of Public Health: COVID-19 Page](#)

[CDC Guidelines for Isolation](#)

[CDC Guidelines for Exposure](#)

→ If you're joining us online, please use [our livestream page here](#). Please note that you may need to refresh the webpage once the stream begins closer to 11:00.