

St. Mark's United Church is considering re-opening for in-person services. This page will (hopefully) serve as a useful resource for our members and friends – not just for church but in our day-to-day lives as well.

A recent article in the British Medical Journal: [Two metres or one: what is the evidence for physical distancing in covid-19?](#) Contained the chart below (the basis for the chart is explained in the article):

Type and level of group activity	Low occupancy				High occupancy		
	Outdoors and well ventilated	Indoors and well ventilated	Poorly ventilated		Outdoors and well ventilated	Indoors and well ventilated	Poorly ventilated
Wearing face coverings, contact for short time							
Silent	Low	Low	Low		Low	Low	Medium
Speaking	Low	Low	Low		Low	Low	Medium
Shouting, singing	Low	Low	Medium		Medium	Medium	High
Wearing face coverings, contact for prolonged time							
Silent	Low	Low	Medium		Low	Medium	High
Speaking	Low	*	Medium		*	Medium	High
Shouting, singing	Low	Medium	High		Medium	High	High
No face coverings, contact for short time							
Silent	Low	Low	Medium		Medium	Medium	High
Speaking	Low	Medium	Medium		Medium	High	High
Shouting, singing	Medium	Medium	High		High	High	High
No face coverings, contact for prolonged time							
Silent	Low	Medium	High		Medium	High	High
Speaking	Medium	Medium	High		High	High	High
Shouting, singing	Medium	High	High		High	High	High
Risk of transmission							
Low ■ Medium ■ High ■							
* Borderline case that is highly dependent on quantitative definitions of distancing, number of individuals, and time of exposure							

Charts like this will provide guidance to the Board as we consider how to re-open St. Mark's and what activities will be permitted.

This document outlines the symptoms which have been most commonly associated with COVID19. This information is current as of **August 6, 2020** and may be updated as the situation on COVID-19 continues to evolve. If there is a discrepancy between this list and other guidance, this list should be considered as the most up to date:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

The Province of Ontario has provided a self-assessment tool to determine whether or not one is likely to have been exposed to Covid-19: <https://covid-19.ontario.ca/self-assessment/>. You will need to pre-screen yourself for Covid-19 using an on-line tool or be screened at the church door once we resume live services. A set of questions will be posted at the door and your name(s) will be recorded for possible tracking purposes. Please refer to this page for additional information and resources as they become available.