

# Raleigh Chinese Christian Church (RCCC) 洛麗華人基督教會

## Self-Checklist for In-Person Worship During Pandemic 實體聚會自我檢查表

RCCC has implemented a plan to minimize the spread of COVID-19 and to keep the church a healthy place for worship, see the [RCCC COVID Guidelines](#). Virtual services have been provided since last March, 2020 and will continue at least throughout the year of 2021. As conditions permit, the Church will also provide In-Person Worship services following the Guidelines.

Attending church services in person is a personal and family decision. This checklist is provided to help you assess whether to attend church services in person once available, as well as for you to comply with the rules while attending the services in person.

**Individuals attending service in person must take full responsibilities of minimizing their own risk for COVID transmission exposures.**

1. Check [Raleighccc.org](http://Raleighccc.org) for the latest church opening status. The church opening status will be subject to change based on the community health status and government regulations/orders.
2. Complete vaccination process before attending church services in person except for the speakers and those who are responsible for the worship service.
3. Register your planning attendance online. Please find the dates in the link below, <https://www.raleighccc.org/main/covid-19-announcement/>
4. Complete a self-health assessment suggested by a trustworthy medical source, such as the self-health assessment form appended at step 16, for possible COVID symptoms on the day before going to the church. If there is any “Yes” to the symptom questions, or simply feel uncomfortable, do not come to the in-person church services but go to our online worship services at [Raleighccc.org](http://Raleighccc.org). Seek your medical provider’s advice appropriately. Skip the rest and go to step 17 at the end of this Self-Checklist.
5. Upon arriving at church, check-in by dropping your information card with the date and service, your name, email, and phone number in the box on the welcome desk. (If there is any COVID-19 case confirmed after the service, we will inform all other same-day visitors.)
6. Keep yourselves and others protected by wearing high quality masks when you are in the church. DO NOT wear masks with valves or vents. Properly wear KN95 or double masks (such as a surgical mask and a cotton/regular mask) shall give yourself the maximum protection. Alternatively, wearing at least a mask is necessary. Personal Protection Equipment (PPE) are allowed. Personal hand sanitizer is great to keep in hand.
7. Contact the church reception if you need any help, see any concerns, or feel some symptoms.
8. Stay at least 6 feet away from others who do not live with you. Practice all Social Distancing.
9. When seating, families can sit together. Others must have 3 seats vacant in between two persons.
10. Follow directions when you see signs and church coworker instructions.
11. Maintain a no touch no contact manner of interactions and avoid any form of crowds. Practice short hand-waving greetings with each other and no gathering.
12. Use online, mail, or the offering box placed at the worship center entrance to make your offerings.
13. Wash your hands frequently with soap and water, or use hand sanitizer.
14. Attend children services online. There will be no child care nor children activities in-person.
15. Bring no food to church (to avoid mask-off when others are nearby.) Bring own bottled water.
16. You are highly encouraged to self-monitor for COVID symptoms following your medical provider’s instructions. The following self-health assessment form is adapted from NCSSM COVID-19 Daily Self-

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Assessment Checklist. It is provided here for reference only. Use it at your own discretion and precaution. As usual, you should always consult your physician for health care related issues:

Yes	No	Symptoms (new symptoms or existing symptoms getting worse) 症狀 (新症狀; 或者如果因為其他疾病平時已有類似症狀但最近症狀比平時嚴重)
		Fever (>100.4°F) or chills 發燒 (> 100.4°F) 或寒顫
		Muscle aches 肌肉酸痛
		Coughs or sore throat 咳嗽, 喉嚨痛
		Shortness of breath 呼吸困難或氣短
		Decreased sense of smell, decreased sense of taste 嗅覺下降, 味覺下降
		Nausea, vomiting, or diarrhea 噁心, 嘔吐, 腹瀉
		Diagnosed with COVID-19 positive within 14 days 過去 14 天內確診為新冠肺炎
		Within 14 days, I have had close or prolonged contacts with someone who has/had COVID-19 symptoms/positive 過去 14 天內有近距離或長時間接觸 COVID-19 症狀/確診的人
		Within 14 days, I have had close or prolonged contacts with someone who went for COVID-19 tests (regardless the results) 過去 14 天內有近距離或長時間接觸去做 COVID-19 檢測的人(不論結果)
		Within 14 days, I had traveling 過去 14 天內有外出旅行
		Within 14 days, I participated in large social gatherings 過去 14 天內有參加過大型社交聚會

List was modified based on NCSSM COVID-19 Daily Self-Assessment Checklist.

If there is any “Yes” to the questions above, please continue go to our online worship services at [Raleighccc.org](http://Raleighccc.org)

17. Seek doctor’s advice to get tested if you have signs or symptoms of COVID-19, or if you think you may have been exposed to someone with COVID-19. If you happen to have a COVID-19 test, please mention that in the prayer request below, <https://www.raleighccc.org/main/contact-us/> We will pray for you.

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洛麗華人基督教會 RCCC 實施了一項防疫計劃以盡可能減少傳播 COVID-19 的機會並保持教堂健康的敬拜場所，請參閱 [RCCC COVID 防疫準則](#)。自 2020 年 3 月以來教會一直提供線上虛擬聚會服務，並至少將繼續至 2021 年全年。在條件允許的情況下，教會還將根據該準則提供實體聚會服務。

親自參加教堂實體聚會是個人和家庭的決定。這分自我檢查表是為了幫助您評估是否應該參加實體聚會，以及在您參加實體聚會時需遵守的規則。參加實體聚會服務的個人必須承擔全部責任，儘量降低自己可能碰到 COVID 傳播的風險。

1. 檢查 [Raleighccc.org](http://Raleighccc.org) 以了解最新的教堂開放情況。教堂的開放情況將根據社區健康狀況和政府法規及命令而變化。
2. 在親自參加教堂禮拜之前，請先完成疫苗接種程序，但演講者和負責禮拜的同工除外。
3. 在參加教堂實體聚會之前，請先在線上預約登記您預計參加的主日崇拜日期，  
<https://www.raleighccc.org/main/covid-19-announcement/>
4. 在參加教堂的當天，請完成一次由可信賴醫療機構所建議的自我健康評估，例如步驟 16 所附的自我健康評估表，以評估可能的 COVID-19 症狀。如果症狀問題之中的答案有“是”，或只是感到不舒服，請不要參加教堂實體聚會，請去參加我們位於 [Raleighccc.org](http://Raleighccc.org) 的在線虛擬聚會服務。並且向您的醫療服務提供者尋求適當的建議。跳過本檢測表其餘部分，直接到末尾的第 17 步。
5. 到達教堂後，在接待台上的方框中放入帶日期和聚會服務名稱，您的姓名，電子郵件和電話號碼的信息卡完成登記。（如果日後確認有任何 COVID-19 病例，我們將通知所有其他當日訪客。）
6. 佩戴完全遮蓋鼻子和嘴巴的合適面罩。想要特別小心的可以使用 N-95 口罩（或等效於 N95 並經 FDA 批准的其他口罩），或雙層口罩（例如手術口罩和棉質/常規口罩）的嚴密預防措施。允許使用個人防護設備，例如防護面罩。建議隨身攜帶個人洗手液。
7. 如果您需要任何幫助，發現任何疑問，或感到有些症狀，請聯繫教堂的接待處。
8. 和不與您同住的其他人保持至少 6 英尺的距離。運用所有保持社交距離的要訣。
9. 入座時，家人可以坐在一起。其他人必須在兩個人之間有 3 個空位。
10. 請您按照教會標誌或同工的指示行動。
11. 保持人與人及人與物零接觸的互動方式，避免任何形式的人群，採用相互揮手致意的簡短問候方式，不要聚集同處。
12. 使用線上，郵件或放在崇拜中心入口處的奉獻箱進行奉獻。
13. 經常用肥皂和清水洗手，或使用洗手液。
14. 在線上參加兒童聚會服務。短期內教會不會有托兒服務，也不會有實體聚會兒童活動。
15. 實體聚會時不可帶食物到教堂（以避免脫口罩使用食物時影響附近他人）。請自備瓶裝水。
16. 強烈建議您按照您醫療服務提供者的指示對 COVID-19 症狀進行自我監測。以下自我健康評估表係改編自北卡羅來納州州立數理高中（一所寄宿學校）NCSSM COVID-19 Daily 自我評估清單。此處

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提供的內容僅供參考。請自行斟酌和謹慎使用。跟一般情形一樣，凡屬醫療保健相關問題您應該始終諮詢您的醫療服務提供者：

Yes	No	Symptoms (new symptoms or existing symptoms getting worse) 症狀 (新症狀; 或者如果因為其他疾病平時已有類似症狀但最近症狀比平時嚴重)
		Fever (>100.4°F) or chills 發燒 (> 100.4°F) 或寒顫
		Muscle aches 肌肉酸痛
		Coughs or sore throat 咳嗽, 喉嚨痛
		Shortness of breath 呼吸困難或氣短
		Decreased sense of smell, decreased sense of taste 嗅覺下降, 味覺下降
		Nausea, vomiting, or diarrhea 噁心, 嘔吐, 腹瀉
		Diagnosed with COVID-19 positive within 14 days 過去 14 天內確診為新冠肺炎
		Within 14 days, I have had close or prolonged contacts with someone who has/had COVID-19 symptoms. 過去 14 天內有近距離或長時間接觸 COVID-19 症狀的人
		Within 14 days, I have had close or prolonged contacts with someone who had COVID-19 tests. 過去 14 天內有近距離或長時間接觸去做 COVID-19 檢測的人
		Within 14 days, I had traveling 過去 14 天內有外出旅行
		Within 14 days, I participated in large social gatherings 過去 14 天內有參加過大型社交聚會

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如果以上問題有“是”，請參加我們在 [Raleighccc.org](https://www.raleighccc.org) 上提供的線上敬拜。

17. 如果您有 COVID-19 的徵候或症狀，或者您認為自己可能已經接觸過 COVID-19 的人，請尋求醫生的建議進行檢查。如果您做了 COVID-19 測試，請在下面的祈禱請求中提及，

<https://www.raleighccc.org/main/contact-us/> 我們將為您代禱。