**A Time to Connect**

*Social Distancing Guidelines*

Ladies, we are looking forward to being together this summer and fall.  To help each of us love our neighbor better, here are some helpful guidelines for our gatherings.  Thank you so much for caring for one another by observing these practices.

If your group is meeting in a small space or at MDPC, please wear a mask when you gather. If you are gathering at a restaurant, please follow that restaurant’s protocol. We also encourage all of us to practice personal responsibility and safety by not shaking hands, hugging, and being aware of your physical distance from each other (this will be difficult for us all!). But, ‘elbow bumps’ will have to work for now 😊

Please bring your own hand sanitizer as well so you can use as needed before/during/after your group.

If you have been in contact with infected persons or have experienced symptoms that may be COVID-19 related, or are medically vulnerable due to underlying health issues, please stay safely at home and connect through one of our virtual groups. These include:

* Cough
* Shortness of breath or difficulty breathing
* Chills
* Muscle pain
* Headache
* Sore throat
* Loss of taste or smell
* Intestinal issues
* Fever 100.0 degrees or higher
* Known close contact with a person who is lab confirmed to have COVID-19 (in this case, please self-quarantine for the recommended 14-day period)

We look forward to being with you and thank you for taking care of each other by following these guidelines.