



Date: August 9, 2022
 Re: The FriendShip's Comprehensive COVID-19 Guidelines
 From: The FriendShip's Board of Directors
 To: Members and Volunteers

The following guidelines cover what is required by The FriendShip at each CDC (Center for Disease Control) COVID-19 Community Level.* As the Community Level fluctuates, The FriendShip adjusts safety precautions accordingly. Please refer to this document for information about which safety precautions are required at which Community Level for services and gatherings. The FriendShip will continue to use guidance from the CDC to inform the development of our COVID-19 safety practices. **Our expectation is that all members and volunteers will stay up to date with COVID-19 vaccines and boosters.**

Guidelines Listed by CDC COVID-19 Community Level

- **Low** – Masks are encouraged but not required. Activities involving eating and drinking are allowed outdoors and are allowed indoors with distancing in place.
- **Medium** – Masks are required in vehicles and indoors. Activities involving eating and drinking are not allowed indoors but are allowed outdoors with distancing.
- **High** – Masks are required in vehicles and indoors. Mask wearing is expected outdoors when not actively eating or drinking. Activities involving eating and drinking are not allowed indoors but are allowed outdoors with distancing.

		<i>CDC COVID-19 Community Level</i>		
		Low	Medium	High
Mask Wearing	In Vehicles	Suggested	Required	Required
	Indoor Settings	Suggested	Required	Required
	Outdoor Settings	Not required	Not Required	Not Required**
** Mask wearing is expected when not actively eating or drinking.				
Eating & Drinking	Indoor eating/drinking	W/Distancing	Not Offered	Not Offered
	Outdoor eating/drinking	Allowed	W/Distancing	W/Distancing

* The CDC has developed “COVID-19 Community Levels” based on the total number of new COVID-19 cases in a community as well as hospital capacity and admission rates. Levels can be low, medium, or high.

Does The FriendShip require that I wear a mask?

The FriendShip's mask requirement depends on the current COVID-19 Community Level. Refer to the charts above for details about when masks are required. In addition, please keep the following in mind:

- If a member or a volunteer requests masks be worn during a service (even when it is not required in the above chart), that request should be honored. As always, our respect for one another is paramount.
- In order to provide protection, masks must be worn correctly, consistently covering the nose and mouth.
- We also recommend upgrading to a higher quality mask, if at all possible. Per CDC guidance, well-fitting KN95s and N95s offer the highest levels of protection (e.g., they are more protective than cloth or surgical masks). The FriendShip office has these masks available on a "first come, first served" basis for members/volunteers who need them.

When are activities with eating/drinking on pause and when can they be resumed?

Since eating/drinking necessarily requires taking off your mask, there are times when activities with eating and drinking will not be offered by The FriendShip. Please refer to the charts above for details about when activities with eating/drinking will be paused and when they can take place.

What should I do if I have symptoms of COVID-19?

If you have [symptoms of COVID-19](#), please exercise caution and cancel services and program attendance. Symptoms could include one or more of the following: fever or chills; cough; shortness of breath or difficulty breathing; fatigue, muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; and diarrhea. (Note this list of symptoms is not exhaustive and can be found on the CDC's website.)

While vaccines are a strong tool to guard against severe illness and hospitalization, it is still possible to contract COVID-19 even if you are fully up-to-date on your vaccinations and boosters. Therefore, it is important that even those who are vaccinated/boosted monitor symptoms, test when appropriate, and cancel participation, as needed.

What should I do if I have tested positive for COVID-19 or have had a close contact exposure?

If you have tested positive for COVID-19 or have had a close contact exposure to COVID-19, please do the following:

- Cancel any services or program attendance for a period of 10 days. (Per CDC guidelines, count ten days using the first day of symptoms as day 0. Or, if you have not experienced symptoms, use the day of your positive test as day 0.)
- If you have recently received/provided a service or attended a program/meeting, please alert The FriendShip office of your positive test. The FriendShip will be respectful of your privacy but will need to alert others if they have been exposed during FriendShip services/meetings/programs.

If there are questions about individual circumstances (relating to when to end quarantine/isolation for FriendShip purposes), please contact the office. Members of our Health & Safety Committee can help make those determinations on a case-by-case basis, if needed.

What are the requirements/expectations related to physical distancing?

- **Physical distancing during meetings and programs** – Physical distancing of three feet will be maintained to the extent possible in meetings and programs. Advance notice will be provided to members and volunteers of programs during which physical distancing may be limited.
- **Physical distancing during services** – During transportation services, please understand that some members or volunteers may be more comfortable with passengers in the backseat. Please share any such preferences with the office when making service requests.

Where can I find other resources?

- **Information on the CDC’s website**
 - Refer to the CDC for information regarding such things as exposure, isolation, and quarantine guidance. (See notes above related to cancelling services if you have symptoms, have tested positive, or have had a close contact exposure.)
 - You can [track your county’s “COVID-19 community level”](#) (i.e., high, medium, or low) on the CDC’s website, as well as find prevention steps recommended at each level.
- **COVID-19 tests** – You can visit [COVIDtests.gov](https://www.cdc.gov/covid19/testing) to order free at-home tests. The FriendShip can help you with this over the phone. You can also find local testing locations on the [SCDHEC website](#).
- **Masks** – The FriendShip office has KN95 masks available on a “first come, first served” basis for members/volunteers who need them.

If you have questions about the information above or need help accessing resources, please contact The FriendShip office at 803-602-6434.

Last updated: August 9, 2022
 June 24, 2022
 June 6, 2022
 April 18, 2022
 March 11, 2022
 January 20, 2022
 September 17, 2021
 August 20, 2021