



GUMC COVID COMMITMENT

In order to protect all members and visitors of GUMC we ask everyone to commit to the following:

DO NO HARM

- Follow preventative measures from our GUMC Covid Policy.
- Self monitor for symptoms such as fever, cough, chills, muscle pain, headache, sore throat, loss of taste or smell, difficulty breathing, or upset stomach.
- Practice good hygiene by washing hands frequently or using sanitizer and avoiding touching my face.

DO GOOD

- Stay home if having symptoms, feeling ill, or known to have contact with a positive COVID case.
- Practice social distancing and wear a mask or face covering.
- Be respectful and supportive of others' needs.
- Self report if positive for COVID and have recently been to Church.

STAY IN LOVE WITH GOD

- Stay focused on our vision.
- Stay active with GUMC even if I can't physically come to the church building.
- Show God's Love to Others--especially those who may not be able to attend services or programs.