



The Archdiocese of Regina

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Covid-19 Guidelines for Parishes – October 2022

Although all public health restrictions have been removed, there is still a risk of contracting Covid-19 in Saskatchewan. The following guidelines are offered for pastors and parish staff and volunteers to assist with the review of current practices within your parish.

Some good practices to protect yourself, and others, against Covid-19:

- Wear your best mask properly
- Practise proper cough and sneezing etiquette (into a tissue or the bend of your elbow)
- Practise frequent handwashing
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect high-touch surfaces regularly. While Covid-19 is primarily airborne, keeping high-touch surfaces clean can help reduce all infectious disease transmission
- Stay home if you are sick

Masking

Although masking is no longer required under public health order, some people may still wish to wear masks based on their own risk assessment and comfort level. Individuals with symptoms that don't require them to stay home should be encouraged to wear a mask at Mass. Priests, deacons, and extraordinary ministers of communion are strongly encouraged to wear a mask during the distribution of communion.

Hand Hygiene

Maintain hand sanitizing practices that were implemented during the Covid-19 pandemic. Provide hand sanitizers, tissues, and waste receptacles throughout the church. Individuals can also be encouraged to bring their own hand sanitizer.

Communion

For Communion, only the body of Christ is to be distributed at this time.

Self-Management

Although there are no public health requirements for isolation or testing, the SHA recommends the following:

- Anyone who tests positive for Covid-19 should self-isolate immediately at home or in another suitable environment, regardless of your vaccination status. It is recommended that you self-isolate for five days from the date of test or 24 hours since any fever has resolved without the

aid of fever-reducing medications and all other symptoms are improving for at least 48 hours, whichever is later.

- Up to 10 days after testing positive, continue to reduce exposures to others by distancing, wearing a mask, practicing respiratory etiquette and hand hygiene, and limiting contacts especially with people at high risk for severe disease (older, immune compromised, etc.) and settings with people at high risk such as visiting long-term care.
- If you have [symptoms of COVID-19](#), you can assume you have Covid-19 and likely the Omicron variant. You do not need to be tested by PCR to confirm, and you should use an at-home rapid test, which are available for free. If you don't get tested, stay home and away from other people until your symptoms get better. If you test negative on a rapid test but you still have symptoms, stay home and away from other people until you feel better, even if you have multiple negative rapid tests.

If you find out that you have been in close contact with someone who has been ill and tested positive for Covid-19, there is no need to isolate yourself. The recommendation to reduce exposure to others by distancing, wearing a mask, and practicing good hand hygiene will help to reduce any spread of a virus in the case that you become ill and test positive in the following days.