



Coronavirus Information

The Catholic Student Union continues to closely monitor the developments related to COVID-19. Protocols for medical emergencies are reviewed and updated as necessary in accordance and compliance with the Diocese of Pensacola-Tallahassee, the Co-Cathedral of St. Thomas More, and input from Florida State University.

About Coronavirus: COVID-19

The virus is thought to spread primarily from person to person, within six feet of proximity. Respiratory droplets are spread when an infected person sneezes or coughs. They land in the mouths or noses of others, and then are inhaled into their lungs. Although not thought to be the primary way, it may be possible to become infected by touching your mouth, nose, or eyes after touching a surface that has the virus. Currently, there is no evidence that the virus is transmitted through food, but the normal safety practice of washing hands with soap and water for 20 seconds before handling food should be observed. According to the CDC, coronaviruses generally have poor survivability on surfaces, so there is low risk that the virus will spread from food products or packaging shipped over a period of days or weeks at room temperature or below.

Symptoms of COVID-19

The CDC website, <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>, provides extensive information about COVID-19 and the response of health professionals around the world. Public awareness of the symptoms and how to report suspected cases is essential in mitigating the spread of the virus. COVID-19 can cause mild symptoms in some people but severe illness and death for others. Symptoms may appear 2-14 days after exposure and include:

- 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
- Diarrhea

The CDC alert directs people to call their healthcare professional if they develop symptoms, and have been in close contact with a person known to have COVID-19, or if they have recently traveled from an area with widespread or ongoing community spread of COVID-19. Check [cdc.gov](https://www.cdc.gov) for a list of areas where the virus is widespread.

Prevention

Since a vaccine or drug is not currently available for preventing or treating COVID-19, the CDC recommends that individuals take action to prevent the spread of the disease. The CDC offers the

following guidance:

Practice everyday preventive actions now. Remind everyone in your household of the importance of practicing everyday actions that can help prevent the spread of respiratory illnesses:

- avoid close contact with people who are sick;
- avoid touching your eyes, nose, and mouth;
- stay home when you are sick except to get medical care;
- cover your cough or sneeze with a tissue, then throw the tissue in the trash;
- clean and disinfect frequently touched objects and surfaces daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household cleaning spray or wipe;
- and wash your hands often with soap and water for at least 20 seconds or, if soap is not available, clean hands with an approved alcohol-based hand sanitizer that contains at least 60% alcohol.

It is important to remember, if you are sick, you are not obligated to attend Mass, school, or church activities. If you or someone you live with have symptoms of respiratory illness, stay at home until the individual is free of fever (100.4° F or 37.8° C or greater using an oral thermometer), or any other symptoms for at least 24 hours without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).

Procedures for Events at the Co-Cathedral of St. Thomas More

All events and gatherings of the Catholic Student Union taking place on the property of the Co-Cathedral of St. Thomas More will abide by the following precautions:

- Masks must be worn at all times indoors (in compliance with the City of Tallahassee Ordinance). Masks are available at church entrances before and after the weekend Masses, and at the front desk of the Church office during the week.
- Indoor events will be limited by the maximum capacity allowable to maintain social distancing. This allows for 25% capacity in the social hall and the church.
- Most gatherings will take place outdoors. Masks are recommended but not required for outdoor events as long as six feet of distance can be maintained. If social distancing cannot occur, masks will be required outdoors. This includes both small group meetings and events of groups greater than 20 people.
- Any event that takes place will have additional precautions for maintaining social distance (markers on the ground, signs, ushers, limitations on the number of people in one area, etc.).
- Any food provided will be individually packaged or distributed to individuals by a team of servers wearing gloves and masks (no buffet-style food will be served).
- Surfaces will be sanitized as needed. Ushers assigned to each mass are responsible for cleaning the church after mass ends, and sufficient time is given between masses for people to enter and exit without overlap. Tables and chairs used for other indoor or outdoor events will be sanitized after use. Bathrooms are regularly cleaned, as are common surfaces throughout the church and office building.
- If an activity or event requires carpooling, notice will be given in advance. Masks will be required inside all vehicles that are used for carpooling.

Procedures for Events NOT at the Co-Cathedral of St. Thomas More

Events and gatherings hosted by the Catholic Student Union that do not take place on the property of the Co-Cathedral of St. Thomas More will abide by the applicable above precautions AND any additional precautions based on the requirements of that location (on campus, in a public park, etc.).

For More Information

The Catholic Student Union will continue to address concerns related to the coronavirus. Updates regarding programs and events can be found at www.fsucatholic.org/updates.