Attending Faith-Based Services During COVID-19

Limit contact and keep 6 feet (2 metres) apart from people you don’t live with

Wear a mask indoors and if physical distancing is difficult outdoors

Bring your own materials (eg. prayer book or rug), if possible

Limit singing or chanting as germs can spread more easily

Keep your children with you and do not gather in groups

Rituals like communion are not recommended

OttawaPublicHealth.ca/WorkplaceCOVID19

Adapted courtesy of Toronto Public Health

Arabic (12/2020)