

COVID-19 FACE-TO-FACE MEETINGS

Revision: 6/23/20

SGVIE OVEREATERS ANONYMOUS INTRODUCTION

(Please read at the beginning of each meeting.)

To protect the health of our fellow OA's and visitors, the Board of SGVIE has adopted the following guidelines to reduce the spread of the COVID-19 virus:

1. STAY HOME if you are sick or have been exposed to someone who has COVID-19.
2. If possible, open both doors to allow for additional fresh air, or operate the ventilation system, or encourage meeting outdoors.
3. Encourage online meeting attendance especially for those who are high-risk with underlying medical conditions, or who are 65 or older, or who are pregnant.
4. The total number of participants is limited to 10.
5. Maintain 6 feet of space between participants before, during, or after the meeting (unless members of the same household). Chairs need to be placed to maintain the 6-foot distance.
6. Always wear a face mask while on site.
7. Bring your own pen to sign in, bring your own books and paper to meetings, if needed, and do not share.
8. No food or drink may be served or shared. The self-service beverages and literature will remain closed for the time being. (Consider downloading online materials to use.)
9. Do not pass the 7th tradition basket. Drop cash donations into the basket, or, better yet, continue to contribute online using PayPal, or Zelle. Anyone counting cash should wear gloves or wash their hands immediately afterward.
10. Before leaving the room disinfect anything handled by participants including chairs, tables, doorknobs, light switches, thermostat, toilet, faucet, and plastic protected meeting materials. If the office is used, disinfect the phone, office equipment, computer keyboard, etc., before you leave.
11. Hand sanitizer, tissues, and a trash can are available at the door for use when arriving and when leaving.
12. Please remember: FREE = Fortunately Recovery Enhances Everything.