

Saint Anastasia Church  
45-14 245<sup>th</sup> Street  
Douglaston, New York 11362  
(718)-631-4454

Dear Parish Community,

It was brought to the attention of the Saint Anastasia's today that an individual who attended Mass last Sunday has been exposed to COVID-19. This individual will not be in the church building for at least 14 days and they are in compliance with the NYC DOHMH and Diocese/Parish guidelines. Those who attended the Mass with the parishioner who tested positive have been contacted. This is why we have instituted the Contact Tracing protocol beginning the December 2020 and ask that you participate weekly. This is also a chance to update your parish census records if you have not done so already. If you have any concerns, it is being recommended that you speak with your own health care provider.

Saint Anastasia has implemented safety, health protocols and practices. Please be assured that the health and safety for our entire parish community continues as our top priority. We ask that everyone be mindful of the daily health check and, if you are not feeling well, please stay home. At this time, all our Masses continue to be live streamed via our website, Facebook and YouTube channel. All this information can be found at [www.sta.nyc](http://www.sta.nyc).

**You can help keep your parish community safe and healthy by following these important “Core Four” actions to prevent COVID-19 transmission:**

- **Stay home if you or anyone in your home is sick:** Monitor your health and stay home if you are sick except for getting essential medical care (including COVID-19 testing) and other essential needs.
- **Physical distancing:** As you have noticed, pews are sectioned off to insure safe distancing. Stay at least 6 feet away from people who are not members of your household, especially in the communion line for the reception of the Eucharist.
- **Wear a face covering:** to protect those around you. Wearing a face covering helps mitigate the spread of COVID-19, especially if you are sick and don't have symptoms. It is important when receiving communion that face coverings remain on until you step aside to receive the Eucharist. For more information about face coverings, visit [nyc.gov/health/coronavirus](http://nyc.gov/health/coronavirus) and look for “FAQ About Face Coverings.”
- **Practice healthy hand hygiene:** Wash your hands often with soap and water or use an alcohol-based hand sanitizer if soap and water are not available. We have sanitizing stations located all throughout the church. Saint Anastasia Parish cleans frequently touched surfaces regularly. We have increased our cleaning and disinfecting of our church, including the use of a “fogger” to disinfect all surfaces. Our new HVAC system cleans the air and ionizes our church 24/7. Please avoid touching your face with unwashed hands and cover your cough or sneeze with your arm, not your hands. To those who wish to receive the Eucharist on the tongue, we ask that you wait until the end of the communion line.

Saint Anastasia will continue to closely follow all the directions of the Diocese of Brooklyn and public health experts in our city. As promised, we are proactively updating you on any measures we are taking. If you have not done so already, please sign-up for FlockNote at [stanyc.flocknote.com](http://stanyc.flocknote.com) or text Stanyc to 84576. Nothing is more important than the health and safety of our parish community.

Sincerely yours in Christ,

Msgr. Anthony Sherman and Rev. Gregory McIlhenney