

Measures to Prevent Infection for the Catholic Church and its Members

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Created by Eiko Takaoka Laboratory, Dept. of Information and Communication Sciences,
Faculty of Science and Technology, Sophia University

These measures to prevent infection are key for protecting your own health and that of those around you, while also preventing the spread of infections.

Each Catholic church has been instructed to take measures to prevent infection based on the “Guidelines for the Catholic Church in Japan for Dealing with Infectious Diseases” (<https://www.cbcj.catholic.jp/2020/11/09/21446/>). In particular, in the Tokyo Parish, you cannot attend Mass at churches to which you do not belong. Please follow any instructions issued by the church to which you belong.

In addition, this document provides points to bear in mind when going to church in multiple languages.

(Church)

- ◆ Take your temperature before going to church. Please refrain from going out if you have a temperature of 37.5°C or more.
- ◆ Please worship at home if you have symptoms such as a fever, cough, or difficulty breathing.
- ◆ The elderly, those with underlying conditions, and those who are unwell should worship at home. We urge each of you to make a careful decision.
- ◆ Please make use of online Mass (live streaming).
- ◆ Hand sanitizer will be placed at the entrance to the church. Please use it when entering the church.
- ◆ Please wear a mask when going out and wash and disinfect your hands thoroughly. Make it a habit to wash your hands and gargle when you get home. The mask should cover your nose. If your nose is not covered, you are not wearing a mask!
- ◆ Ensure good ventilation by opening windows at least once an hour.
- ◆ The number of people in church will be limited, and Mass will be conducted multiple times, in order to ensure a distance between people of at least 1m, and 2m where possible. Check carefully any announcements from your church.

(Mass)

◆ Hymns

Refrain from singing hymns at Mass, gatherings, etc.

◆ Taking Communion

Thoroughly disinfect your hands before and after taking Communion.

Please wear a mask and maintain a distance between people of at least 1m while lining up to take Communion.

◆ Candlelight services

Disinfect your hands before and after candlelight services.

◆ Other

The church will keep records of people attending services as a precaution in the event that someone is found to be infected. The church will provide information to public health centers as necessary. Thank you for your cooperation. Churches have been instructed to manage personal information carefully and destroy any records at a later date.

After mass, take home any printouts used.

(Confession)

Please follow the instructions of the church when going to confession. Please wear a mask. Please be mindful of the possibility of infection through droplets.

(Interaction between members of the church)

- ◆ Please avoid physical contact with other people in church. (Kissing, hugging, and shaking hands)
- ◆ Instructions have been issued to suspend or move online all other activities involving committees, meetings, gatherings, study groups, etc. for the time being.
- ◆ Please refrain from meeting others for meals.

Eiko Takaoka Laboratory, Dept. of Information and
Communication Sciences, Sophia University

The preparation of this material was conducted under the supervision of
a medical doctor who is an expert in infectious diseases.

<https://www.medical-inclusion.academy/ipgen>

