

CORONAVIRUS - SOME SUGGESTIONS FOR THE FELLOWSHIP
STAYING SAFE AND KEEPING OTHERS SAFE

The AA meeting is our basic building block but it may be a place where infections such as Coronavirus can spread. Within AA are many who are vulnerable to this virus (over 70s, smokers, diabetics, asthmatics, etc). We have a duty of care to protect our members from Coronavirus. It is suggested that we follow Government guidance to keep our members safe by temporarily adjusting the way we operate. We meet in small rooms, may visit several meetings in the course of a week, and make close contact with other members. These factors make us more likely to catch **and spread** the virus - so what can we do? Here are a few suggestions based on “**doing the next right thing**”.

Suggestions for the Individual Conscience of the AA Member

- If you feel unwell, and certainly if you have been advised to self-isolate, attending meetings should be avoided. Make contact by phone or online instead.
- AA online meetings can be found at: <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online>
- Wash your hands before and after attending a meeting.
- Avoid touching, handshakes, hugging and kissing in meetings.
- Meetings with (uninfected) sponsors and 12th Step visits may be carried out, with handwashing, avoidance of handshakes and keeping a safe distance being observed.
- Ask yourself some questions about attending other meetings:
 - Do you really **need** to travel to another town to attend a meeting (as opposed to **want** to do so)?
 - Could you carry the infection there, or bring it back here?
- **Remember that your action - or inaction - may affect others, both inside and outside the Rooms.**

Suggestions for the Group Conscience

- Consider not holding hands for the Serenity Prayer.
- Where possible, ventilate the room before and after the meeting.
- Where possible, leave larger spaces between chairs.
- Remind members to wash their hands and avoid contact.

Tradition 4 - it is suggested that actions (or inactions) by a Group may affect other Groups if for no other reason that members often attend more than one Group.

Tradition 5 - we need to make every effort to keep meetings going if we are to continue to carry the message.

Tradition 10 - This is not an “outside issue”. It affects AA in the same way as it affects the general population. By adhering to Governmental guidance (and not stating an opinion on it) AA is acting responsibly.

(GSO UK’s Coronavirus statement can be found at www.alcoholics-anonymous.org.uk/members/)