

**Best Practices for Confession during COVID-19**  
**Updated Nov 12, 2020**

1. Practice proper social distancing during the sacrament of confession.
  - a. When possible, hearing confession outside, at a minimum distance of 6 feet is ideal. If outside is not possible, use a large space with 6 feet minimum distance. Airflow and space help mitigate the risk of infection through airborne droplets.
2. Incorporate appropriate hygienic and sanitation practices to help mitigate the risk of COVID-19 infections.
  - a. Priests should use a mask or face shield while hearing confession.
  - b. Parishioners over the age of five, who do not have a medical or psychological condition prohibiting mask use are required to use a mask at all sacramental celebrations, including Confession. Parishes should have extra face coverings on hand outside parish entrances.
  - c. When possible use a portable plastic barrier or screen to further mitigate risks of exposure to virus.
  - d. When possible, priests should have disinfectant supplies on hand, and either wipe down all touched surfaces between confessions, or ask penitents to wipe down touched surfaces as an act of charity for following penitent.