

Coronavirus (COVID-19) Frequently asked Questions (FAQs)

| No. | Coronavirus (Covid-19) Questions and Answers |
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| 1 | <p>Q. Are Al-Anon Family Group meetings going to remain open?</p> <p>A. That depends on government legislation that is aimed at limiting the spread of Covid-19. Groups must follow advice from Federal, State and Local governments regarding restrictions on movement and permission to gather together.</p> <p>Groups also need to stay in contact with their meeting venue regarding the closure of their facility that may impact the meeting.</p> |
| 2 | <p>Q. What should I consider before going to an Al-Anon/Alateen meeting?</p> <p>A. You need to ensure that you maintain your own health by taking the recommended actions:</p> <ul style="list-style-type: none"> • Don't attend meetings if you are unwell – don't put other members' health at risk. • Wash your hands often and thoroughly • Keep your distance, minimise hugs, kisses and hand contact |
| 3 | <p>Q. What precautions should I take in case I need to self-isolate?</p> <p>A. You could take the following action now:</p> <ul style="list-style-type: none"> • Obtain phone numbers of members you would like to be able to contact during isolation • Install Skype, Messenger, WhatsApp or similar video messaging apps for video calls • Also, check that your friends are happy to be called |
| 4 | <p>Q. Do I have to hold hands at the end of the meeting?</p> <p>A. Each member decides how they will participate in the group meeting.</p> <p>In a time of pandemic it is important to:</p> <ul style="list-style-type: none"> • Respect the right of others to take actions to protect themselves and their families. • Be kind and considerate to them as they may have special reasons for not participating. |
| 5 | <p>Q. What might change in the way meetings are run during Coronavirus times?</p> <p>A. Group members may decide to vary their normal meeting format, including:</p> <ul style="list-style-type: none"> • Asking members to bring their own Al-Anon book to read from, instead of sharing a group copy around. • The chairperson can read an excerpt from a book or pamphlet and ask members to share their experience on the topic. • Placing chairs further apart to encourage "social distancing" (1 to 1.5 m) • Allowing isolated members to join the meeting through audio link (phone or messaging). |
| 6 | <p>Q. What should we do if our meeting venue advises us that we have to close?</p> <p>A. As Al-Anon/Alateen meetings meet in a range of venues it is very likely that some of our meetings will have to close (or meet elsewhere) if the facility has to close. If so then please let everyone know by phone, email or message about the closure, giving as much detail as you have available:</p> <ul style="list-style-type: none"> • Inform your group members and any regular visitors • Inform your District Representative (DR) and Area Office so they can update the Area meeting lists and include in their newsletter • Inform the Australian General Service Office (AGSO) so they can update the State meeting lists and meeting search on the Al-Anon website • Keep in contact with group members by phone or messaging. • Attend other meetings that haven't had to close |
| 7 | <p>Q. Will there be any disruption to supplies of Conference Approved Literature (CAL)?</p> <p>A. There may be some disruption to CAL availability if the Coronavirus response restricts printing or transport for an extended period. We print many CAL items in Australia but even so AGSO could still be impacted by staff or volunteer shortages or availability of delivery services and some delays may occur to your Area Office.</p> |
| 8 | <p>Q. Should we consider postponing our upcoming Area Assembly or Committee meetings?</p> <p>A. Serious consideration needs to be given to the desirability of bringing many members together at this time and postponement may be necessary. Other organisations have cancelled or postponed some of their events that are discretionary and Al-Anon may have to do the same to protect Al-Anon members. Options for minimising impact include:</p> <ul style="list-style-type: none"> • Splitting committees into two and meet separately to ensure that at least half of their capacity is available if someone contracts the virus. • Using electronic meeting technology to minimise contact and still function. |

