

• CORONAVIRUS RECOMMENDATIONS •

FOR MIDDLE TENNESSEE AND GREATER NASHVILLE GROUPS OF NARCOTICS ANONYMOUS

It is suggested that groups have a detailed plan for reopening in-person meetings. As NA groups, we need to keep these themes from our traditions in mind:

1ST Our common welfare should come first.
Personal recovery depends on NA unity.

4TH Groups are autonomous, EXCEPT when our actions may affect other groups or NA as a whole.

12TH We should practice spiritual principles in all our affairs, including selflessness, responsibility, trustworthiness and compassion.



Masks are strongly suggested at all meetings, and are legally required in Davidson, Rutherford, Sumner, Williamson, and Wilson counties

-If masks are required, update meeting format and determine a plan if members do not wear masks in the meeting. Reference the group booklet on disruptive behavior; members who don't follow group guidelines could be asked to leave or meeting could be shut down early if problem is not resolved.

- Sanitize before and after meeting, including chairs and anything else members touch.
- Consider providing cleaning supplies for members who want to clean their own areas.
- Move chairs for space between members, use measuring tape to ensure at least 6 feet distance.
- Consider purchasing forehead thermometer, if available, and taking temperatures prior to meeting.
- Download readings/books/IPs to avoid passing literature around the meeting.
- Put the 7th tradition basket in a stationary place; or consider using a money app for donations.
- If still handing out key tags, spray with disinfectant before and after meeting.
- Have gloves and sanitizer available for anyone signing papers or handing out keytags.
- Do not share any physical items, including pens, papers, coffee pots, food, or drink.
- Create electronic versions of phone lists, or exchange phone numbers via text.
- Refer attendees to websites or apps for meeting schedules instead of using paper lists.
- Circle up without touching, and maintain physical distance of at least 6 feet.
- Consider creating a service position to place a single point of responsibility for sanitizing.

When in doubt visit the websites of the CDC and local county to be sure we are in compliance with their guidelines.