



November 15, 2020

## Things to Consider....

### **Best Practices while “Face-to-Face” NA meetings stay open during the pandemic.**

*This is not an endorsement or direction merely a consideration.*

Re: Coronavirus/COVID-19 & Narcotics Anonymous Meetings

Our literature talks about becoming “...acceptable, responsible & productive members of society.” Many groups feel that the responsible thing to do right now is to temporarily close its in-person meetings. Some groups have faced backlash for choosing to continue to meet in person. There may also be legal implications for continuing to do so. With COVID-19 changing our society daily, it is difficult to say what may be acceptable-or legal-tomorrow.

The following list of suggestions has been compiled based on the collective experience of many NA Groups around the world. It is important for us to clarify that it is currently **not advisable** for groups to congregate in public. Please, take local laws into consideration before continuing to conduct in-person NA meetings. Also, **this list does not constitute medical advice.** These suggestions are just that—**suggestions**. They are suggestions based on our collective experience for minimizing risk, **not eliminating** it.

- **It is important to stay in contact with our present facilities & utilize their posted guidelines as well, such as wearing a mask or hand sanitizer at the door.**
- Your Group may wish to consider closing its in-person meeting for now & deliver it online instead. Many groups have already done so & there are members who are willing to help with this. Email [Chicagoregionpr@gmail.com](mailto:Chicagoregionpr@gmail.com) for assistance.
- Refrain from attending meetings if you are sick.
- Wash & sanitize your hands before & after attending meetings.
- Refrain from hugging.
- Refrain from serving food or refreshments.
- Refrain from handing out readings. Instead, the Chairperson can assign readings asking people to read from their smartphones. Our main readings are available at Na.org under literature.
- Refrain from giving out key tags. Instead, you can go through the “recovery milestones” & ask members to raise their hand if they are celebrating cleantime.
- Refrain from passing the basket for the 7th tradition. Instead, your Group may want to consider e-transfers or online payments as an alternative to handling money. If your group still insists on taking a collection at the meeting, you may wish to announce that the basket be kept at a designated spot & ask members to contribute before leaving, if they can.
- Your Group may announce Virtual meeting options & more information on Chicagona.org.
- Instead of closing the meeting with a group hug, members may want to stay in their seats.

These suggestions are offered in the spirit of NA unity & group autonomy. If you have additional suggestions, please email [Chicagoregionpr@gmail.com](mailto:Chicagoregionpr@gmail.com).

Sincerely,  
Chicagoland Region Public Relations