



Once per day, the following categories of Catholics can gain a plenary indulgence (for themselves, or for souls in purgatory) if they are in a state of grace:

### I. THOSE WHO ARE ILL FROM THE CORONAVIRUS AND SUBJECT TO QUARANTINE, IN HOSPITALS OR IN THEIR OWN HOMES

A plenary indulgence can be gained by:

1. offering up their trial, with a spirit detached from any sin, and with faith in God and charity towards their brothers and sisters
2. reciting the Creed, the Our Father, and a pious invocation to the Virgin Mary; or instead uniting themselves spiritually, through the media, to any one of the following:
  - the celebration of Holy Mass
  - the recitation of the Holy Rosary
  - the practice of the Way of the Cross
  - another form of devotion
3. at the same time, also desiring and intending to fulfill the following usual three conditions, as soon as it is possible for them to do so:
  - ♦ seek sacramental communion
  - ♦ seek Eucharistic communion
  - ♦ offer prayer for the intentions of the Holy Father

### II. THOSE WHO PRAY TO GOD, IMPLORING HIM ON THE OCCASION OF THIS WORLD EPIDEMIC

A plenary indulgence can be gained by:

1. praying with a spirit detached from any sin, for: the end of this epidemic, relief for the suffering, and salvation for those who have died
2. prayerfully offering any one of the following:
  - a visit to the Blessed Sacrament
  - a visit to Eucharistic Adoration
  - reading the Holy Scriptures for half an hour
  - reciting the Holy Rosary
  - reciting the Way of the Cross
  - reciting the Chaplet of Divine Mercy
3. at the same time, also desiring and intending to fulfill the following usual three conditions, as soon as it is possible for them to do so:
  - ♦ seek sacramental communion
  - ♦ seek Eucharistic communion
  - ♦ offer prayer for the intentions of the Holy Father

### III. HEALTH CARE WORKERS, AND ALL WHO CARE FOR THOSE SICK FROM THE CORONAVIRUS

A plenary indulgence can be gained by: following the same conditions listed above, for those ill and subject to quarantine.

**Note:** Those who are not in a state of grace can obtain forgiveness of their sins from God, and return to a state of grace, by making a sincere Act of Contrition: on the condition that their sorrow for sin is motivated by love of God, and includes the firm resolution to seek sacramental confession as soon as possible. (CCC 1452)

### IV. THOSE ON THE POINT OF DEATH

A plenary indulgence can be gained by:

1. being in a state of grace, while desiring to be free from any attachment to sin
2. having recited a few prayers during their lifetime
3. in this case, at the point of death, the Church supplies for the three usual conditions

The use of a crucifix or cross is specifically recommended for this indulgence.