

Keep Calm and Wash Your Hands

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. 3 John 1:2

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, [CDC.gov](https://www.cdc.gov) always recommends everyday actions to help prevent the spread of all respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean/disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash hands often with soap and water for at least 20 seconds, especially after bathroom use; before eating; after blowing your nose, coughing, or sneezing.
 - If soap and water aren't readily available, use an alcohol-based hand sanitizer.

The (Add name) church cares about the health of your body, mind and spirit. Hand sanitizer is available throughout the church. During this time, we also encourage you to

- Bow while greeting, rather than touching
- Center your heart in the Heart of God.
- Xxxxxx

For more information, contact your Health Ministry Team (or your Faith Community Nurse etc.) at xxx-

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