COVID-19 / Coronavirus: Awareness and Response

There are basic steps each of our communities can follow to minimize risks of COVID-19 (the “coronavirus”) to all of our people and the ministries to which they contribute or by which they are served.

First, the best advice on precautions to take is provided on the website of the Centers for Disease Control (www.cdc.gov/coronavirus/2019-ncov). Information is available in English and Spanish.

CDC recommends individuals and families follow everyday preventive measures:

**Hand Hygiene**
Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
If soap and water are not readily available, use an alcohol-based hand sanitizer with 60–95% alcohol.
Avoid touching your eyes, nose and mouth.

**Respiratory Etiquette**
Cover coughs and sneezes with a tissue, then throw it in the trash can.

**Environmental Health Action**
Routinely clean frequently touched surfaces and objects.

**Voluntary Home Isolation**
Stay home when you are sick with respiratory disease symptoms. At the present time, these symptoms are more likely due to influenza or other respiratory viruses than to COVID-19–related virus.

Routine use of these measures by individuals and their families will increase community resilience and readiness for responding to an outbreak.

With a reasonable amount of caution we can keep our people, our communities, and those we serve healthy—and continue to minister to those who are ill and in need of our care.

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STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19