



**Please exercise these precautions
in response to COVID-19**

“Take heart . . . Do not be afraid.”

— Mark 6:50

1. **WASH YOUR HANDS! OFTEN!!** Use soap and running water – wrists, backs of hands, under nails, between fingers – for 20 seconds. Use a 60% alcohol-based hand sanitizer if no soap and water.
2. **STAY HOME IF YOU ARE SICK.** Don't infect others.
3. **GET THE FLU VACCINE** if you haven't gotten one yet.
4. **COVER YOUR COUGH OR SNEEZE INTO A TISSUE** then discard the tissue in a covered container.
5. **(TRY...) TO AVOID TOUCHING YOUR FACE.** This is how you can become infected, for example, from the doorknob that has been touched by an infected person.
6. **KEEP YOUR DISTANCE** – Stay 3 to 6 feet away from anyone coughing or sneezing. Pass the Peace with a smile, the peace sign or Jazz hands. Share your love for your neighbor, but avoid direct contact.
7. **SEEK MEDICAL CARE QUICKLY** if you have a cough associated with a fever, or difficulty breathing. Call ahead, so you do not infect the waiting room.
8. **DO NOT WEAR PAPER MASKS UNLESS** you are sick and a doctor tells you to wear one. They do not protect you from COVID-19.