

## **CORONAVIRUS (COVID - 19): BE PREPARED – NOT SCARED**

Coronavirus – we all know what it is, and we hear updates numerous times a day. It's sounds scary and we can't avoid it – but we can be prepared.

Your leaders at Trinity are aware of the risks and we are making some changes to keep our members and visitors safe. Some of the changes you will see, for the time being, are the following:

- As you enter the building, there will be signs on the front doors indicating who should not enter our building. (Those with symptoms, those who have or might have been exposed and those who have traveled to the indicated restricted areas)
  - When passing the peace, we are no longer giving the option of shaking hands or fist bumps. We are encouraging elbow rubs, foot taps, a hand peace sign, nod or any way you would like to express the peace without skin to skin contact.
  - Offering plates will no longer be passed down the pews. Instead you will find them at the front of the church, and you may bring your offering up when you come for communion.
  - We will no longer have the baptismal font open for people to dip their fingers in the holy water as they enter or leave church.
  - We will be increasing cleaning of higher touched surfaces such as the doorknobs, communion rail, backs and sides of pews as well as tabletops and counters.
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- We reviewed our communion distribution and felt it was safe. If you feel more comfortable only taking one element, it is still considered full communion and will be left up to each individual.
  - At this time we will continue with our coffee hour, asking everyone to be aware of only handling what you are going to eat or drink and to use cups, forks and toothpicks to take appropriate items and to keep whatever you touch. We would like to discourage pulling apart items such as grapes and instead have them in individual cups.

We are hoping some of these practices will be short lived, while they will help to control the spread of this virus.

Some reminders to help prevent you from getting the coronavirus (as well as the common cold and flu):

- WASH YOUR HANDS OFTEN with soap and water. Take at least 20 seconds (Pastor suggests saying The Lord's Prayer) and don't forget the fingertips, thumbs and palms of your hands. The temperature isn't the main factor – it is the scrubbing and rinsing action.
- If soap and water aren't available, use an alcohol-based hand sanitizer containing a minimum of 60% alcohol.
- Avoid touching anywhere on your face with unwashed hands.
- Avoid contact with anyone who is sick.
- Stay home if you are sick or feel sick and avoid contact with others.
- When coughing or sneezing, cover your mouth and nose with a tissue and discard after, otherwise cough or sneeze into your sleeve, not your hand.

There is no vaccine yet and no specific treatment for this coronavirus. Most people with mild coronavirus will recover on their own by drinking plenty of fluids, resting and taking pain and fever medicine.

If you have an underlying medical condition such as diabetes, heart disease, a lung disorder or you are immunosuppressed you need to take increased precautions. This group of people may contract a severe form of the disease needing hospitalization and respiratory support.

If you have a fever of 100.4 F or higher, a cough and/or shortness of breath – please call a medical facility so you may be tested.

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Lynn Sienkiewicz, RN, Parish Nurse  
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