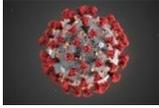


St. Mary's Church

Stewardship of the Body

“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)



Covid-19 Infection Control Precautions

We are currently swamped with information about a “new” virus that started in China and is spreading throughout the world, including in the USA. This virus, Covid-19 is part of a class of viruses, the coronaviruses. It just happens that this one is a new strain and seems to be spreading rather rapidly. Thanks to the media, there is a lot of concern and in some cases, near panic. We have to be vigilant to protect ourselves and our loved ones from the infection. Actually, the recommended guidelines and precautions are things we should be practicing all of the time.

- First and foremost is frequent **HANDWASHING** and/or the use of hand sanitizers. Carry hand sanitizer in your pocket or purse and don't be afraid to use it.
- Next, keep your hands away from your mouth, nose and eyes. The virus can be easily transmitted by touching your mouth, nose or eyes. Some viruses can remain alive for several hours on surfaces that you may touch, such as handrails, doorknobs, counters, other people.
- Clean and disinfect contaminated surfaces with a bleach-based household cleaner
- If possible, when caring for someone who is sick wear disposable gloves and/or wash your hands frequently.
- Always cover coughs and sneezes with a tissue which is then discarded in the trash or cough or sneeze into the elbow area of your arm. After wiping your nose or covering a cough or sneeze, disinfect your hands with hand sanitizer. If you have to go out, wear a mask.

At Church

- If you are sick **STAY HOME**.
- Bring hand sanitizer with you and clean your hands before receiving communion.
- If you have any symptoms or have a family member who has them:
 - Refrain from taking the precious blood from the common chalice. Receiving communion under only one species is perfectly acceptable.
 - Refrain from shaking hands with those around you. You may give a brief greeting and say you are unable to shake hands today.