



### Flu and COVID-19 info

How do we remain in Christian community with the threat of illness all around? That is the question we have been wrestling with here at First Presbyterian. We will be taking extra precautions until further notice to make sure we all stay safe yet connected to the church and one another.

As of right now, we will still be doing business as normal until we are advised otherwise by health officials. The church office will still be open during its normal hours, and there will still be worship services on Sundays.

A minister-colleague of mine (and neuroscientist) compiled this list of information for her church, and I believe would be good for us to follow as well. This information will hopefully allow us to remain in community and do all we can to prevent the spread of illness.

First, some information:

**Transmission.** The influenza and COVID-19 viruses spread by airborne droplets when people with infections cough, sneeze or talk. The virus can be transmitted directly from the droplets and droplets may also contaminate surfaces.

**Symptoms.** The influenza virus and COVID-19 virus cause contagious respiratory illnesses. Common symptoms include: fever or chills, cough, sore throat, runny or stuffy nose, headaches, and fatigue. Shortness of breath is characteristic of infection with COVID-19. Symptoms may appear 2-14 days after exposure.

**So, what can we do?**

The Centers for Disease Control and Prevention (CDC) recommend:

- o Stay home while you are sick and avoid others.
- o Seek medical advice quickly if you develop symptoms.
- o If you live alone, notify a friend, neighbor or the church, so we can check in on you by phone or email.

- **Wash hands often with soap and water for at least 20 seconds.**
  - If soap and water are not available, use a hand sanitizer containing at least 60% alcohol.
  - Avoid touching eyes, nose or mouth with unwashed hands.
  - Open restroom doors with a paper towel and dispose of the paper towel appropriately
- **Prevent potential transmission by air droplets**
  - Cover mouth/nose with a tissue or sleeve when coughing or sneezing and appropriately dispose of tissues.
  - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

#### **What is the church doing?**

- Taking extra steps to make sure common areas are cleaned and sanitized using appropriate disinfectants.
- The church is low on hand sanitizer, so we are asking you to **bring and use your own hand sanitizer.**
- Encouraging the congregation to greet each other verbally and/or with fist or elbow bumps, waves and high-fives rather than handshakes and hugs for the time being. The pastor and worship leaders will follow these procedures when greeting following the service.
- Continuing to make hospital and care facility visits unless otherwise advised by officials or the facilities.
- Monitoring the latest developments and implementing additional precautions and measures as needed.

Being together as a church family does give us strength and joy. We want to see you on Sundays and throughout the week. And we encourage you to use good judgment and **avoid attending church events when you are sick.** Take care of yourself! As a reminder sermons are posted on the church website at <http://www.fpcmorristown.com/worship/sermons/>. If you have concerns, please reach out to Pastor Sam.

Please visit the Centers for Disease Control and Prevention (CDC) website for the latest information. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For local information please see: <https://www.tn.gov/health.html>

Grace and Peace,  
Rev. Schaus