

# Information concerning the coronavirus for our parishioners:

**\*\*If you are ill, please stay home.\*\***

## *During the Liturgy:*

- We are in a time of uncertainty about the spread of this virus, so we encourage you to place a hand on the shoulder of the person next to you when we normally hold hands during the Penitential Rite and the Our Father.
- For your convenience, hand sanitizer will be available at each entrance to the church.

## *Regarding the Reception of Communion:*

- Our Eucharistic ministers always use hand sanitizer before serving.
- We will have a cup minister paired with a bread minister. We ask that you do not take from the cup but that you do a reverential bow to honor the presence of Christ in the wine.
- We ask that you do not dip the host in the cup of wine. The chance of germs from your fingers getting into the wine is a risk.
- Receiving Communion on the tongue is a deeply pious act for many folks. We sincerely ask that you consider receiving Communion in your hand. The chance of sharing germs from tongues to fingers and back is quite high.

**If the need arises for any cancellations of programs or prayer, please watch the major news channels, consult our webpage, app, or Facebook page.**

***Let's all stay healthy! Thanks for your help.***

## **Coronavirus (COVID-19) Symptoms**

The Centers for Disease Control and Prevention (CDC) believes (at this time) the symptoms of COVID-19 may appear as few as 2 days or as long as 14 days after exposure. This information is based on what has been seen previously as the incubation period of MERS-CoV viruses.

Reported illnesses range from mild symptoms to severe illness and death and include: fever, cough, and shortness of breath.

## **How Coronavirus 2019 is Spread**

Current understanding (February 2020) of how coronavirus 2019 is spread is largely based on what is known about similar coronaviruses.

Coronavirus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within 6 feet).
- Via respiratory droplets produced when an infected person coughs or sneezes (this is why it is vital that anyone coughing or sneezing do so into tissue or their elbow). These droplets can land into the mouth, nose, or eyes of people who are nearby.

However, it may be possible that a person can get Coronavirus 19 by touching surfaces or objects that has the virus on it and then touching their own mouth, nose, or eyes.

## **Preventing Coronavirus**

The CDC recommends everyday preventative actions to help prevent the spread of respiratory illnesses such as Coronavirus:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze into a tissue or your elbow vs. your hand (you can spread germs when touching items after coughing or sneezing into your hand).
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the CDC's recommendations for using a facemask.
- The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases including Coronavirus.
- Facemasks should be used by people who show symptoms of Coronavirus to help prevent the spread of the disease to others.
- Wash your hands for a minimum of 20 seconds before eating, blowing your nose, coughing, and sneezing. If soap and water is not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.