

# Some Healthcare Precautions 5 Things You Can Do

Arden Nazarene Church is moving to take steps to support a more healthy worship experience and there are many actions health officials recommend to prevent the spread of COVID-19, and to stay healthy.

## 1. WASH YOUR HANDS OFTEN

Wash with soap and water for at least 20 seconds (sing "Happy Birthday" twice), especially after using the restroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not available, use a hand sanitizer with at least 60% alcohol. Arden Nazarene has soap and water in all lavatories, and is making hand sanitizers available at all entrances.

## 2. PLEASE STAY HOME WHEN YOU ARE SICK

We'd love to see you every Sunday, but if you're sick, with the flu or fever, please stay home. Your precautions will help protect the rest of our congregation who are healthy and able to attend weekly worship services. As a faith community, we have a responsibility for each other.



## 3. FELLOWSHIP TIMES ON SUNDAYS WILL FOLLOW SOME NEW PRECAUTIONS

We're coaching our church family to avoid giving hugs and handshakes and instead just give a friendly wave. We're also encouraging a two to three foot personal space to avoid spreading viruses.

## 4. FOLLOW GOOD RESPIRATORY HYGIENE

Our church has upgraded our heating and air filtration systems. You should still cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze. Then dispose of the tissue immediately and wash your hands.

## 5. AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Washing hands will prevent contracting any viruses and keep you healthy.

