

Dear Springfield Member,

The safety of our members, guests and staff is paramount here at Springfield Baptist Church. We are closely monitoring the Coronavirus (COVID-19) and are taking action based on guidance from public health experts and our district officials. <u>Springfield will be</u> <u>open for worship this Sunday</u>. In order to maintain a safe environment and address all concerns, we are taking extra measures including:

- **Suspending close contact.** We are eliminating worship activities that allow for close personal contact and asking members to avoid handshakes, hugs, kisses and other personal contact that could facilitate the spread of the COVID-19 virus.
- Enhanced cleaning protocols. We have increased the frequency and the intensity of cleaning our bathrooms, kitchens, offices, classrooms and sanctuaries.
- Additional antibacterial products. We have increased the quantity of sanitizers and disinfectant wipes available for use throughout our church. Masks will also be provided upon request.
- Informational materials provided. Copies of pamphlets provided through the CDC website will be provided to keep you informed.
- **Designated points of contact.** For information regarding who to contact if you or someone you know is infected with the COVID-19 virus, please call Deaconess Dorothy Chandler, Head of Nurses, at (240)-988-3573 or e-mail her at dorothymchandler@hotmail.com or contact church office (202)-234-0648.
- **Higher Risk Members.** For those people at higher risk, it is especially important to take actions to reduce the risk of exposure. According to the Centers for Disease Control, higher-risk people include older adults and people who have severe chronic medical conditions such as lung, heart, or kidney ailments. Such people are advised to take additional precautions.
- Inability to attend Service. If you are unable to attend Sunday's service, we encourage you to call into our Springfield Evangelistic Prayer Call held via conference call daily at **7am**, **12noon and 6pm**. We also encourage you to conduct private devotions and worship in your home.

### Prayer Call (605) 475-4835 code 891107#



• **Financial Giving.** During this pandemic our church requires your continued financial support and charitable giving. Please feel free to submit your giving via the Givelify App or submit your gift to:

Send to: Springfield Baptist Church 508 P St NW Washington, DC 20001



We will continue to respond to the latest information on COVID-19 with your safety as our highest priority. Please visit our church website at www.springfielddc.org for further information on our efforts, potential closings or service schedule changes.

For additional information about the Coronavirus, visit the <u>CDC (Centers for Disease</u> <u>Control and Prevention) website</u>. As always, we will strive to create a safe and enjoyable worship environment and we are asking for your help to achieve this goal.

Thank you for your patience as we navigate this current pandemic together as a family.

Sincerely,

Joint Board of Deacons & Trustees







# What Seniors Need to Know About: CORONAVIRUS (COVID-19)

#### Who is at Higher Risk?

**Older adults** and people who have **severe chronic medical conditions** like lung, heart, or kidney disease seem to be **at higher risk for serious coronavirus illness**. It is especially important for you to **take actions to reduce your risk of exposure** if you are at higher risk.







For further information visit health.mypgc.us/coronavirus or call (301) 883-6627.

#### **CURRENT CDC GUIDELINES For Those At Higher Risk:**



Stay at home as much as possible.



In public, keep away from others who are sick, **and** wash your hands often.



Have access to several weeks of medications and supplies.



Stay up to date on <u>CDC</u> Travel Health Notices.

#### Take Everyday, Preventative Actions



Wash your hands for **20 seconds** or sing the Happy Birthday Song, **especially** after blowing your nose, coughing, sneezing or having been in a public place.



Use **soap and water.** If soap is **not** available, use **hand sanitizer** with at least 60 percent alcohol.



Avoid touching your face, nose and eyes.



If you go out in public, **keep your distance** from others who are sick, wash your hands often.

Consider ways of **safely getting food brought to your house** through family, social, or commercial networks.



 Call your health care provider, let them know about your symptoms. They will assess if you need testing and provide next steps for care.

## Plan Ahead in Case You Get Sick



Stay in touch with others.



Develop a contact list of friends, family, neighbors, community health workers, etc.



Determine who can provide you with care if your caregiver gets sick.



Listen to your body. If you are feeling sick, stay home and call your health care provider.



#### Family and Caregiver Support

- Know what medications your loved one is taking and help them prepare to have extra on hand.
- Monitor food and essential medical supplies needed and create a back-up plan.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.