

Parish Health Ministry

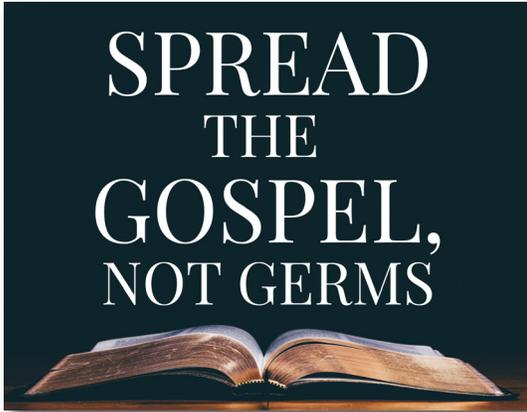


COVID-19: WHAT YOU NEED TO KNOW

The Parish Health Ministry team is developing a plan to help keep our congregation and community

healthy. The plan includes (1) precautions to be taken now and (2) future actions to be taken if a case is identified in the Knoxville area and if the CDC or health department suspends gatherings. Our goal is to identify ways the church can remain connected, engaged, and in service to all with whom we minister.

It is most important at this time to remain calm and practice the same precautions used to prevent any infectious respiratory illness.



1. Frequent hand washing.

Washing your hands often with soap and water for at least 20 seconds is best. (20 seconds is the time it takes to sing ABC song, or "Rocky Top," or the "Happy Birthday" song twice.) If soap and water is not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizing stations are located throughout the church premises.

2. Avoid close contact with people who are sick.

The virus, like many other respiratory viruses, is mainly spread between people who are in close contact with one another (within 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. Masks should only be worn by those infected with the virus to minimize spread of respiratory droplets.

3. Avoid touching your eyes, nose, and mouth with unwashed hands.

It may also be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your own mouth, nose, or possibly eyes.

4. Stay home if you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

5. Stay connected to your church family if unable to attend services.

Tune into *Rejoice!* on Sunday mornings at 8 a.m. on WVLT or listen to services through the church's website homepage (audio of the entire service is linked there each week). Let someone in the CSUMC family know you are out due to illness (e.g., your Sunday School class, Soup Kitchen team, UMW Circle, youth leaders, choir members, or call the church office). We encourage our CSUMC family to do phone wellness checks for one another.

There is currently no vaccine (or herbal/ supplement) to protect against COVID-19 and no specific antiviral treatment for COVID-19. Do not become a victim of any scams claiming to do either of these.

[CDC.gov](https://www.cdc.gov) and health department websites are reliable sources of information. If you have questions or concerns about anything you hear or read, do not hesitate to reach out to a member of your Parish Health Ministry team! The church office will be glad to have a team member respond to your request.

Additional information will be forthcoming. You can find this information and more within the Parish Health Ministry section of the CSUMC website (<https://www.churchstreetumc.org/parish-health/>) or in the racks outside the Chapel Hallway in the church.

Submitted by Vicky Shelton, D.Ph.
CSUMC Parish Health Ministry Team