

Protect Yourself & Others: Keep Calm and Wash Your Hands

*Beloved, I pray that in all respects you may prosper and be in good health,
just as your soul prospers. 3 John 1:2*

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, the CDC.gov website always recommends everyday actions to help prevent the spread of all respiratory diseases, including:

- Wash hands often with soap and water for at least 20 seconds
 - especially after bathroom use, before eating, and after blowing your nose, coughing, or sneezing.
 - If soap and water aren't available, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean/disinfect frequently touched objects and surfaces every day by using a household cleaning spray or wipe (like doorknobs, phones, tables, dishes)

During this time, we also encourage you to

- Wave while greeting, to avoid touching
- If instructed by your local government, practice social distancing: stay six feet from others

The Adventist Church cares about the health of your body, mind and spirit.