



SIMPLE STEPS

to keep our family well



WASH YOUR HANDS with soap & water for 20 seconds frequently throughout the day. Especially after using the restroom, before eating, after coughing/sneezing, and when you come home from public places. *Hand sanitizer (with 60% alcohol) is effective too.*



CLEAN & DISINFECT frequently touched surfaces daily including: your cell phone, door handles, knobs, switches, your car steering wheel, computer keyboards, and surfaces you prepare food on. *If you don't have disinfectant wipes, regular household cleaners work.*



PRACTICE GOOD RESPIRATORY ETIQUETE cover your cough/sneeze with a tissue and throw it away. If you don't have a tissue, use your elbow, not your hands. *Avoid touching your eyes, nose and mouth with unwashed hands.*



STAY HOME WHEN YOU ARE SICK including public places and church. *If you have a cough with fever, or shortness of breath, stay home and CALL your family doctor or the Windsor-Essex County Health Unit at 519-258-2146.*



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK, sneezing or coughing. Temporarily, avoid shaking hands when greeting people.

▶ **Trust the Lord** We do not fear. We trust in the Lord *and* use wisdom for our safety and for those more vulnerable members of our community. *"The name of the Lord is a strong tower; the righteous run to it and are safe" (Prov 18:10)*

▶ **Use wisdom** Scripture is full of good wisdom for all aspects of life. Read your bible, it says to wash your hands! *"Do not forsake wisdom, and she will protect you; love her, and she will watch over you" (Prov 4:6)*

▶ **Know the facts** Most people who test positive for covid-19 have mild symptoms and are sent home to recover without the need of treatment. Those at greatest risk for complications include those with pre-existing health conditions and the elderly. (check Health Canada, WHO, or CDC for the most current information).

LOOK FOR OPEN DOORS TO SPEAK WORDS OF PEACE AND SHARE THE LOVE OF JESUS WITH MEMBERS OF OUR COMMUNITY. DON'T HESITATE TO PRAY FOR THOSE WHO ARE AFRAID OR CONCERNED. **IF YOU NEED HELP, PLEASE CALL THE CHURCH.**