

In order to limit the spread of any seasonal viral infections, including Coronavirus, please take the following precautions for your own safety and the safety of others:

1. Stay home if you feel unwell. If you have any flu symptoms i.e. fever, cough and difficulty breathing, seek medical attention.
2. Stay home and self-monitor for at least 14 days after returning to Canada from one of the announced countries where COVID-19 is spreading.
3. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
4. Maintain social distance. Try to avoid shake hands, hugs and kisses.
5. Avoid touching your eyes, nose and mouth with unwashed hands.
6. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
7. Use your own mouth veils or napkins for communion and for the ladies their own head coverings.
8. Use plastic disposable cups to drink water after communion and dispose them after use to prevent someone else from using them by mistake, or, even better, bring your own water bottle.
9. Keep sanitized wipes with you and clean all frequently touched surface and objects such as doorknobs, countertops, faucet handles and phones, before touching them.
10. Stay informed on the latest developments about COVID-19.

The Public Health Agency of Canada has assessed the public health risk associated with COVID-19 as **low** for the general population in Canada. For more information and current updates on Coronavirus please visit [Government of Canada-Public Health Services Website](#)

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