



## **PBSC Church-Wide COVID-19 (Coronavirus) Information Protocols**

To those churches that choose to remain open to serve its members and the community, we ask you to prayerfully cooperate in implementing the following prudent measures posted on the U.S. Center for Disease Control website:

### **Practice Good Hygiene:**

- Stop handshaking, hugging & kissing – use other non-contact methods of greeting
  - Stop joining hands in prayer
- Clean hands at the door and wash hands regularly (use a paper towel on the door knob when exiting the bathroom)
- Create habits and reminders to avoid touching your faces and cover coughs and sneezes
- The sexton staff is disinfecting surfaces like doorknobs, tables, desks, water fountains and handrails regularly
- Increase ventilation by opening windows when weather permits or adjusting air conditioning

### **Handle Food Carefully:**

- Limit sharing of food that you bring

- The church should limit serving food. It may be too difficult for ministry leaders to monitor all who volunteer as kitchen workers for signs of illness and ensure they practice the strict hygiene necessary to prevent contamination

**Stay Home If...** You feel sick or have a sick family member living in your home

**Persons At Higher Risk of Getting “Very” Sick From COVID-19 Coronavirus**

- Senior Saints
- People with serious chronic medical conditions like:

Heart disease

Lung disease

Kidney disease

Diabetes

Any conditions that suppress the immune system

**If you fall into any of these categories of persons, the CDC recommends that you:**

Stock up on supplies – e.g. prescription medications, over the counter medications to treat fever/coughs/other viral symptoms, groceries especially nonperishables and household items like bathroom tissue, paper towels, hygiene items and disinfectants

Keep space between yourself and others

Limit close contact with others who are sick

Avoid crowds (such as large gatherings like Sunday morning worship, Bible study, prayer meeting, choir rehearsals, board meetings, etc.)

If you have need of anything please contact your Deacon or the appropriate church officer. If you would like to mail your offering envelope with a check (no cash) please mail it to: (Insert your church address)

## **Symptoms & Emergency Warning Signs of COVID-19**

Potential COVID-19 Symptoms are:

Fever

Cough

Shortness of breath

**Emergency warning signs for COVID-19 (for which you should seek immediate medical attention) are:**

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

\* This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or of concern to you. If you feel you may have contracted COVID-19 stay home and call you doctor. Let them know your symptoms and tell them you may have COVID-19.

*Statements above concerning medical matters should be understood to be general observations based solely upon our interpretation as church officers of information posted on the U.S. CDC website and should not be relied upon as medical advice, which we are not qualified nor authorized to provide. All medical concerns that you have should be reviewed with your primary care physician and other licensed healthcare practitioner.*

*This information has been vetted and approved by the Health Ministry of the PBSC, with special thanks to Nazarene Baptist Church (Dr. K. Marshall Williams, Pastor) for the initial document, and to Sis. Regina Scott, Sis. Marian Elby (President of the Health Ministry), and Sis. Debra Merriweather for final approval...*

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

Philippians 4:6-7 (NIV)

Shalom,  
Dr. Bruce N. Alick, President (PBSC)