

## Contents

Introduction.....	1
4 Church initial Responses.....	1
Other Church Ministry.....	3
Closing .....	3
Some Examples of Church Statements.....	4
Biblical Thoughts Concerning the Corona Virus .....	5
Small Church Gathering & general worship Recommendations .....	6
Some General Resources and a great Facebook Post from colleague .....	9
Other links for guidance and information .....	10
Medical Resources.....	10
Why is coronavirus more dangerous for people with diabetes? .....	11
Graphics / Social Distancing .....	12

March 18, 2020

## Introduction

SUBJECT: Sharing some church COVID-19 ministry experiences and resources

Dear colleagues, friends and interested parties

These are unprecedented times. From natural disasters in greater numbers and proportions to levels of violence both to others and ourselves and now to a health crisis unlike any in the recent history. In a time when we are challenged to come together, we are called even more clearly to be The Church. For those of us, like myself, who had become attached to buildings and special events, food and fellowship this has been a hard time. For the many whose ministry while vibrant in some ways is heavily linked to the weekly tithe. For all of us who claim Jesus this is a time for adaptation. Craig Van Gelder writes in *Participating in God’s Mission, A Theological Missiology for the Church in America* that “the emerging church culture of the networked era is participatory, collaborative, and team-based.” In the wake of COVID-19, the new coronavirus, perhaps we have a chance to practice what will sustain us into the future as a new kind of church emerges.

## 4 Church initial Responses

Following are the several ways that local churches have responded and adapted to the challenges of Sunday worship (March 15<sup>th</sup> 2020).

Salem Baptist Church (formerly of Jenkintown) decided not to have services this past Sunday. A larger congregation in a suburban setting, it was not in the habit of using technology in such a way that it could quickly employ it for use in service. Members were still able to give online. A joint statement was made with a sister church Bethlehem Baptist Church and the Pastor Marshall Mitchell planned to attend Enon Baptist Church and

be present in the pulpit with Pastor Quann and Rev. Dr. Waller demonstrating solidarity, leadership and a place for his congregation to participate in worship via established technology methods.

19<sup>th</sup> Street Baptist Church (meeting at the Naval Yard in Philadelphia) also did not have video technology that could be quickly employed especially for their mostly senior population. However, I partnered with the Pastor Rev. Dr. Wilbur Winborne and leveraged Zoom web conferencing audio / call in features and we were able to invite church members to join a call during the usual church hour leveraging call chain and Facebook communication methods. During their time together they shared extended prayer time and the pastor delivered a short homily.

Bethlehem Baptist Church in Springhouse and Enon Tabernacle Baptist Church in Philadelphia both have members in excess of that recommended for safe gatherings. Both churches decided to live stream. While some members were permitted to come to church, the vast majority watched or listened through the use of technology. In Bethlehem's case, only some leadership, the praise team and musician provided music. There was time set aside for giving. And, the pastor preached a typical sermon. Giving online is available for both congregations. The pulpit practiced social distancing and the people were instructed to maintain their mic for sanitation reasons (Microphones were NOT shared).

Mt Zion Baptist Church of Philadelphia held regular services on Sunday. However, congregants were required to keep appropriate distance in the pews. Pastor Cedric Hughes Jones ready the congregation for a shift of worship practices and leveraged the bulletin to communicate to the congregation.

Based on discussion with leadership prior to Sunday Service Mt. Zion made the following adjustments or clarifications

- 1) Joint Board Discussion 6pm 3/13
- 2) Unity Day Worship 10:30 3/15
- 3) Postpone afternoon concert until April/May TBD
- 4) No Sunday worship 3/22 and 3/29
- 5) No Weds feeding until 4/1
- 6) All MZBCP activities canceled 3/16 through 3/31
- 7) Funerals as needed will exclude repast - worship only including the 3/19 funeral
- 8) Expanded use of my conference call/prayer-line (ie, Sundays at 9am)
- 9) Greater emphasis on Sunday 8am broadcast throughout congregation
- 10) Giving options by phone established and digital giving options enhanced
- 11) Facebook Live Broadcast 3/22 and 3/29 with clergy, musicians, sound crew, selected others at 10:30am (capacity needs to be established)
- 12) In addition to current prayer calls (Tuesdays 7am, Thursdays 6pm), adding Monday through Friday 12 noon prayer calls 3/16 through 3/31

The conference calls have been growing, all are welcome. I attended today's call at noon, we had Pastor Jones, Pastor Mitchell and myself on-line

Call Agenda

Encouragement, Prayer, Testimony, Concerns, Song, and devotion

- **Bethlehem Baptist “Church Without Walls” Prayer line, 6am**, (641)715-3655, access code 674854# (Monday & Friday)
  - **Mount Zion Prayer Line, 12noon-12:30pm**, (605) 313-4829, access code 356561#. This is a not a local call. Check your phone plan. (Daily)
- 

## Other Church Ministry

Bethlehem Baptist Prison Ministry held a conference call Sunday for the ministry since the prison is closed to ministry at this time. We had our first conference call. We used zoom audio capabilities (<https://zoom.us>) once again. This was held at 2 PM. We had prayer, song. Scripture and a short homily. We encouraged one another and prayed for ourselves and the ministry.

Bethlehem Baptist Deacon Training – We have a 3/21 Deacon training scheduled. Spoke with Deacon training leader and scheduled a technology training at 4:30 pm. This lasted about 45 minutes to walk thru the zoom software installation and test out some of the web conferencing features. We planed a Friday evening call with the 20 plus deacons to make sure the everyone had access and installed the software for the Saturday training. A pre call for technology level setting is recommended to have the actual meeting be productive.

Redeemer Baptist Church – Redeemer Institute of Christian Education (RICE) – A Evangelical Training Association certification program. Spoke with the Dean Rev. Pyfrom to provide options and walk through zoom program installation and capabilities for the Monday and Thursday classes. Classes are being held virtually. We have students that need to continue moving forward in order to graduate from their 4 year or more program.

## Closing

These are just some brief examples of what some churches did last weekend.

I believe this is a tremendous opportunity to expose and train our normally technology avoidant population to engage ministry using new and exciting methods. I loved the line from one person who stated that they will no longer have to shudder when zoom web conference is mentioned.

I hope and pray that this may be helpful to aid in ministry and safety. I think we are called to be faithful while using wisdom to leverage science and past history to successfully ride out this pandemic.

We as a faith community have a tremendous opportunity to demonstrate that the church is relevant and helpful when the nation / world is in crisis. People in our congregations, businesses, and communities are impacted by additional stress, anxiety and marred theology. I am hopeful and prayerful that we can make a difference to help one another through this challenge -calling on God to be our strength and comforter. Please feel free to use this resource with full creative license – copy, share, paste, modify, etc... This is not a finished or polished document but one I hope will inspire improved and impactful ministry. This was purposeful as time is of the essence and something is better than nothing to provide leadership and comfort to the people we are called to serve.

Be blessed and safe and be kind to someone today.

Rev. Wakaki Thompson

Wifey Valoria Cheek Thompson – Religious Institution Officer

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## Some Examples of Church Statements

### Joint Statement of Bethlehem and Salem Baptist Churches

The Bethlehem Baptist and Salem Baptist Churches are heeding the best information of public health officials, the Commonwealth's governor and our best judgment in suspending church services for this coming weekend and until it is deemed safe and appropriate for corporate worship to resume.

While we have relied upon government sources, our decision to temporarily suspend service is made independent of them and their good intentions. As shepherds of flocks of faith, we are duty-bound and morally responsible to make prudent, faithful and informed decisions with respect to those in our spiritual charge. Our highest priority is to provide for the flock of Christ in both good and challenging moments. This moment in Montgomery County and our nation is singular in modern history.

While cancelling formal corporate worship, we are encouraging those in our charge to maintain family and secret devotion actively and faithfully. Praying, serving others, and providing for family and neighbor should and always have been hallmarks of the followers of Christ. Doing the gospel at moments like these becomes a tool of evangelism. Even in crisis, God opens new ways by which we might demonstrate his eternal love and example of Jesus Christ.

We are making this joint announcement to demonstrate the community of faith's fidelity to the larger congregation of Christ that transcends individual churches and denominations. In tough times, we are standing together! One Lord. One faith. One baptism. And now one people.

Stay safe. We shall remain in prayer and contact, and soon we shall gather to give thanks unto God who we know shall give victory in and over all things.

Pastor Charles W. Quann  
Bethlehem Baptist Church  
Pastor Marshall Mitchell  
Salem Baptist Church

### Our Response to Coronavirus Pandemic

March 17, 2020 | Coronavirus

As pastor I want to provide a weekly update regarding our response to the Coronavirus. Our worship services for Sundays, March 22 and March 29 will not be held in the sanctuary. Accordingly, our 9:00 am worship services will be livestreamed. Our mid-week Bible Study and Lenten Ecumenical Services have been cancelled.

The Church Office will be open, Monday through Friday, 9:00 am to 2:00 pm. The Food Pantry will remain open on Wednesdays and Fridays. Deaconess Michelle Bradley and the Pantry Angels will prepackage the food, and those coming to the pantry will be assisted, curbside. We are taking every precaution, and are mindful, of the well-being of all of God's people. I am constantly working with our Leadership Team and our Advisory Council as we seek to continue to Love God and Serve People.

We are updating our website daily and using technology to communicate with all of our members, as well as members of the community. As we are communicating via social media, voice messaging, email and text, please ensure your contact information (phone and email) is updated in the church management system. (Text the keyword UPDATE to 215-440-6887 to update your cell phone # and email, if needed.) Prior to scheduling any ministry events or planning for an event, please contact Brenda Benson in the Church Office, in order that we might continue to work together as a body of Christ.

We encourage families to take this time to strengthen their relationships and to be concerned about the many families in need. Please join us on our Early Morning Prayer Service every day 6:00-7:00 am.

We are still monitoring how we will do Homegoing Services; each funeral will be looked at individually. After this Monday, there will be no repast until further notice, and funerals will be limited to immediate families only, thus once again looking out for the well-being of those who serve so faithfully.

Gifted to Serve will take place this Saturday and the food will be prepared for take out for the persons being served at Chosen 300.

Please know that the work of the Kingdom continues. Consequently, it is important that we honor God with our gifts, tithes and offerings. Regular giving may be done online, or you may place your tithes in the mail or drop it off at the church during the hours the church is open.

We know this crisis will also cause many people to need assistance from Benevolence as well as our Interfaith families and all the things that are done to the glory of God. We believe strongly that if we hold to God's victorious hand, He will strengthen us each and every day. Please know beyond a shadow of a doubt that this too shall pass, and we look forward to coming back into the house of God giving Him glory, honor and praise. As your pastor, thank you for your prayers and concern during this difficult time. My love for God and this church cannot be put into words. We stand together united as a body of Christ. I will keep you informed and know that there is power in prayer.

Sincerely,  
Charles W. Quann, Pastor  
Sean M. Tripline, Youth Pastor

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## Biblical Thoughts Concerning the Corona Virus

Leviticus 13:1-8 NIV: The LORD said to Moses and Aaron, **2** “When anyone has a swelling or a rash or a shiny spot on their skin that may be a defiling skin disease,[a] they must be brought to Aaron the priest or to one of his sons[b] who is a priest. **3** The priest is to examine the sore on the skin, and if the hair in the sore has turned white and the sore appears to be more than skin deep, it is a defiling skin disease. When the priest examines that person, he shall pronounce them ceremonially unclean. **4** If the shiny spot on the skin is white but does not appear to be more than skin deep and the hair in it has not turned white, the priest is to isolate the affected person for seven days. **5** On the seventh day the priest is to examine them, and if he sees that the sore is unchanged and has not spread in the skin, he is to isolate them for another seven days. **6** On the seventh day the priest is to examine them again, and if the sore has faded and has not spread in the skin, the priest shall pronounce them clean; it is only a rash. They must wash their clothes, and they will be clean. **7** But if the rash does spread in their skin after they have shown themselves to the priest to be pronounced clean, they must appear before the priest again. **8** The priest is to examine that person, and if the rash has spread in the skin, he shall pronounce them unclean; it is a defiling skin disease.

### ***My Letter to a Family Member [and thus to you my Mount Zion Sister-Brother],***

Good morning Sister. Your serious concerns about COVID19 (the novel corona virus) touched my heart. I want the best for you and yours. I admire your fierce

love for those you care about. As you protect yourself physically, may I also suggest you protect yourself spiritually-mentally. Once we've practiced all the recommended physical practices (See Leviticus 13 if interested in a biblical precedent for infectious diseases response by a community), we still need spiritual practices that strengthen-sustain us. I've found the following verses helpful to ponder, while continuing to follow Center for Disease Control (CDC) physical recommendations concerning "personal hygiene and social distancing": Isaiah 26:3-4; Philippians 4:4-7; Matthew 6:31-34; 2 Timothy 1:6-7; Philippians 4:8-9

My continual prayer for you.

"O God our Father, in the name of thy Son Jesus by the power of thy Spirit, I pray for my dear sister. Continue to strengthen her love for Thee and those she nurtures. Protect her. Keep her. Comfort her. Loving God, prompt her thoughts to continually incline toward Thee. Remind her that she is deeply loved. Amen."

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## Small Church Gathering & general worship Recommendations

Going forward some churches may still decide to come together. In the event that your church has regular service, here are some things that might be important to do.

During worship, consider:

- Placing offering plates in a stationary location and inviting people to drop their offering in them. Assign someone to help those who may need assistance.
- Alternative ways to share communion, such as inviting people to come forward to receive the bread/cup from servers wearing gloves. Assign a gloved server to bring the elements to those with mobility difficulties.
- Avoiding passing a microphone during announcements or prayer request time.
- Bowing, waving, sharing a peace sign or uttering a simple phrase such as "Peace be with you" in lieu of handshakes and hugs.
- Encouraging allowing generous seating space between congregants, choir and others during worship and gathering times.
- Avoiding self-serve food and drink during gatherings and ensuring that anyone serving food wears gloves.
- Encouraging those responsible for counting the offering to wear gloves.

This is excerpted from a press release of ABHMS. To read the entire release go to <https://www.abc-usa.org/2020/03/abhms-offers-guidance-litany-prayer-for-congregational-response-to-covid-19/>

If you are thinking about moving to a virtual worship or prayer experience, here is a resource that might be helpful:

<https://www.hartsem.edu/event/free-faculty-webinar-on-improving-virtual-presence-for-faith-communities/>

While we are seeking God, learning during this stressful time and asking what the future will look like remember that we as Christians have a toolkit for handling the time in the valley. To hear more read:

<https://christiancitizen.us/spiritual-first-aid-for-pandemic-stress/>

Don't forget that the call to justice remains. The persons on the margin are still there, perhaps even more vulnerable.

If you have a ministry that seeks to serve "the least of these", this is the time to think critically about the loss and isolation that those persons might be feeling as we limit our interaction. The prison ministry at Bethlehem Baptist Church was not permitted to enter the prisons as they do every week. So, the leaders developed a call in time that allowed those who serve to uplift one another with prayer, song and a short homily. Think about what it might mean to a person who has disabilities to suddenly be unable to receive services and support. Here is a recent article addressing the impact of COVID-19 on that community: <https://christiancitizen.us/how-the-disability-community-can-respond-to-covid-19-ensuring-people-with-disabilities-can-access-prescription-drugs-during-the-current-crisis/>

Finally, there are some things that we as human beings and more particularly as followers of Christ we are encouraged not to do. Take a look at the following:



DOS

and DON'TS of talking to people about the COVID-19(coronavirus) situation

Below are some dos and don'ts on language when talking about the new coronavirus disease (COVID-19): REMEMBER THE K.I.S.S. RULE-not more than 5 words per sentence, not more than 2 syllables per word. "We are healthy." "We will wash our hands!" "We will protect ourselves!" "We are the clean team!" "This is scary". "We will take care of ourselves!"

**DO** - talk about the new coronavirus disease (COVID-19)

*Don't* - attach locations or ethnicity to the disease, this is not a "Wuhan Virus", "Chinese Virus" or "Asian Virus".

**DO** - talk about "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" or "people who died after contracting COVID-19"

*Don't* - refer to people with the disease as "COVID-19 cases" or "victims"



**DO** - speak accurately about the risk from COVID-19, based on scientific data and latest official health

advice. -----**Speak the truth**

*Don't - repeat or share unconfirmed rumors, and avoid using hyperbolic language designed to generate fear like "plague", "apocalypse" etc.*

**DO** - talk positively and emphasize prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe. "We know how to protect ourselves"!

*Don't - dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.*

**DO** - promote doing things to help others and to care for one self ---**contribute**

*Don't - dwell on the negative, or messages of fear. We need to work together to help keep all safe.*

**DO** - wash your hands frequently

--keep your distance from others

--clean all surfaces

--stay home

**Don't** -----touch others

--fly , go on a cruise, take a train

**BUILD**





## Some General Resources and a great Facebook Post from colleague

Reginald Johnson – Pastor Holy Nation Baptist Church

Pastor, I want to see you succeed and thrive through this moment. Here are some major resources that have been a God-send for my ministry @ Holy Nation.

1. Eztexting - allows you to send mass text and autoreply messages.
2. Free Conference [Call.com](#)
3. Webex Video Conferencing. Allows free video chat with upto 100 people with unlimited time.
4. Tithely - mobile giving carrier
5. OBS - Open Broadcast Service is a free stream to FB LIVE integrated with your existing media and audio interface.
6. YETI Blue UBS mic for @ professional home streaming.
7. [B&H.com](#) for all things media + video
8. [Skitguys.com](#) for prerecorded ministry videos.
9. Switcher Studio - to use your existing IOS devices to create multiple angles and streams in your live.
10. [Indeed.com](#) to hire competent & knowledgeable professionals (temporary and short term) for your team.
11. Bryn Mawr Trust & TD Bank are church friendly and have financed all of our projects in the philly area.
12. The Big Book of Job Descriptions for Ministry. Over 200 ministry job descriptions to help you identify opportunities & clarify expectations.
13. If you are having challenges meeting your mortgage payment for your church, call your bank and renegotiate the terms. Try to add April, May & June's payment to the back of your mortgage as a forbearance.
14. According to Bishop Sir Walter Mack, the state of NJ will fine an organization that doesn't adhere to the state gathering laws with a misdemeanor. The state cannot tell us how to practice our faith, but they can execute consequences for our behavior.
15. Make sure your insurance policies for liability, property, & life are updated and in-force. Ask your insurance agent to send you a copy of the declaration page so you know exactly what benefit you receive if you need to cash in.
16. Consider applying for unemployment, to relieve your church of the burden to meet your payroll, in the short-term.
17. Make sure your CDC is active to receive state, federal, & stimulus aid packages when they are offered.

These are a few of the valuable resources I am using now. They have helped us tremendously and I pray they aid & assist you. If there are any other resources that others have, please list them in the comments section. May we continue to overcome by the sharing of our testimony. Remember, our light afflictions are but for a moment, but they work for us a far exceeding and eternal weight of glory. I LOVE Jesus, I LOVE the people of God, & I LOVE the Church of the Lord Jesus Christ.

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## Other links for guidance and information

I think you might find this interesting: <https://christiancitizen.us/spiritual-first-aid-for-pandemic-stress/https://christiancitizen.us/spiritual-first-aid-for-pandemic-stress/>

<https://christiancitizen.us/how-the-disability-community-can-respond-to-covid-19-ensuring-people-with-disabilities-can-access-prescription-drugs-during-the-current-crisis/>

Italian Video ... Regular people giving retrospect 1-2 week advice

<https://www.yahoo.com/lifestyle/creators-behind-viral-video-of-quarantined-italians-share-coronavirus-warning-161158583.html>

Great Collection of Resources

[https://andovernewton.yale.edu/spiritual-community/congregational-resources-response-covid-19?fbclid=IwAR0boe1cgGJSvsoP0\\_RlmZ8leVuhOfgumnkj4z8Nxb74JfP9Wo2E-iv5vU](https://andovernewton.yale.edu/spiritual-community/congregational-resources-response-covid-19?fbclid=IwAR0boe1cgGJSvsoP0_RlmZ8leVuhOfgumnkj4z8Nxb74JfP9Wo2E-iv5vU)

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## Medical Resources

CDC Faith Organization Guidance

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/guidance-community-faith-organizations.html>

CDC Faith Organization Checklist

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/checklist.html>

<https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

[https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html)

Read the links for CDC. Here are some excerpts about the impact of COVID-19:

**Older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

**The elderly:** People who are over the age of 60 are at a higher risk of developing a severe case of COVID-19, according to [data](#) collected by the WHO. The highest death rate is in people above the age of 80. Around [15 percent](#) of people in that age group died from the disease in one set of Chinese patients. The Centers for Disease Control and Prevention (CDC) [recommends](#) that people who are older stay away from crowds and avoid nonessential travel.

**Children:** Children, on the other hand, don't appear to get as sick. Very few develop the disease in the first place, and if they do, only a small group develop severe or critical disease. No young children have died from the virus in China.

**People with chronic conditions:** People who have underlying health conditions like high blood pressure, kidney disease, cancer, or diabetes are also [more likely](#) to get very sick or die from COVID-19. Around 9 percent of people with diabetes who contracted the virus died, for example, as did around 8 percent of people with high blood pressure. The CDC also [recommends](#) that people in this group avoid crowds, stick close to home, and stock up on medication for their condition if they're able to.

## Why is coronavirus more dangerous for people with diabetes?

[People who had diabetes and got coronavirus have died at a 7% rate](#), compared with 0.9% for those who died without an underlying medical condition, according to the CDC. The death rates are based on 44,000 confirmed coronavirus cases in China.

<https://www.modbee.com/news/coronavirus/article241276626.html>

**Everyone else:** Most people who are young or healthy and who contract the virus don't get severely ill. But if you have the virus, even if you don't get that sick, you might come into contact with people who are more at risk — and pass the virus to them. That's why it's so important to stay home if you're not feeling well. Minimizing the number of people each sick person infects is low-tech, but it's the best way to slow the spread of a disease like COVID-19. It's the goal of policies like school closures and event cancellations and why people who might have been exposed to the illness are asked to isolate themselves.

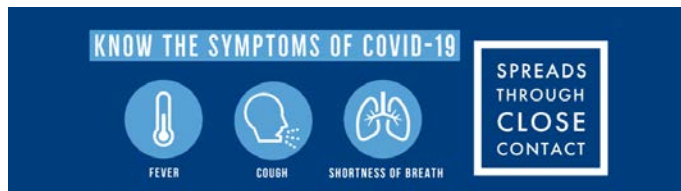
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# Graphics / Social Distancing

**KNOW THE SYMPTOMS OF COVID-19**

FEVER      COUGH      SHORTNESS OF BREATH

**SPREADS THROUGH CLOSE CONTACT**



## TAKE EVERYDAY PRECAUTIONS

WASH YOUR HANDS      DON'T TOUCH FACE      AVOID SICK PEOPLE

INFORMATION + UPDATES:  
**HEALTH.PA.GOV**

**pennsylvania**  
DEPARTMENT OF HEALTH  
Created 02/25/2020



## HOW DO I PREPARE?

### CREATE A HOME EMERGENCY KIT



NON-PERISHABLE FOOD      BOTTLED WATER      MEDICATIONS      FLASHLIGHT + EXTRA BATTERIES

FIRST AID KIT      WARM CLOTHING      BABY SUPPLIES      PET SUPPLIES



IF YOU'RE **SICK** AND PLANNING  
TO GO TO AN EVENT,  
**PLEASE STAY HOME.**



# COVID-19 INFORMATION FOR RETURNING TRAVELERS

## SELF-MONITOR AND PRACTICE SOCIAL DISTANCING



1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.



2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period.



3. Do not take public transportation, taxis, or ride-shares.



4. Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.



5. Keep your distance from others (about 6 feet or 2 meters).



6. If you need support services during this self-monitoring and social distancing period, call 1-877-PA-HEALTH (1-877-724-3258).

You can return to your regular routine when 14 days have passed since your departure date, provided you remain well and have not been diagnosed with COVID-19. For example, if you left a country with a Level 3 Travel Health Notice on March 1, you can return to work starting on March 15. Employers should not require a doctor's note to return to work.

### TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

INFORMATION + UPDATES:  
**HEALTH.PA.GOV**



Created: 05/05/2020

## PREVENTION OF COVID-19 SPREAD: SOCIAL DISTANCING



### LIMIT CLOSE CONTACT WITH PEOPLE

- Limit physical contact, including handshakes
- Wash your hands and avoid touching your eyes, nose and mouth
- Limit in-person meetings to your direct team, and utilize Webex, phone calls, and other tools when possible

### STAY HOME IF YOU ARE SICK

- Do not report to work if you are ill:
- Fever of 100 degrees or higher
- Cough
- Shortness of breath
- Sore throat



### AVOID CROWDS (Especially in poorly ventilated spaces)

### LIMIT NON-ESSENTIAL TRAVEL



Please visit [cdc.gov](https://www.cdc.gov) for the latest updates and resources on COVID-19.

**Madison**  
REGIONAL HEALTH SYSTEM

# SOCIAL DISTANCING GUIDELINES

Social distancing refers to limiting public gatherings as much as possible

## AVOID

Group gatherings  
Sleep overs  
Play-dates  
Concerts  
Theatre outings  
Athletic events  
Crowded Retail Malls  
Workouts and Gyms  
Non-essential workers in your house  
Mass Transit System

## USE CAUTION

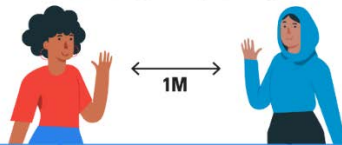
Visit a local restaurant  
Visit grocery store  
Get take out  
Pick up medication  
Visit the library  
Religious services  
Travelling

## SAFE TO DO

Take a walk  
Go for a hike  
Gardening  
Play in your garden  
Clean out a closet  
Read a good book  
Listen to music  
Cook a meal  
Family game night  
Go for a drive  
Group video chats  
Stream a favourite show  
Check on a friend  
Check on elderly neighbours

## A GUIDE TO SOCIAL DISTANCING

**SOCIAL DISTANCING IS A WAY TO SLOW DOWN OR STOP THE SPREAD OF INFECTIOUS DISEASES BY LIMITING CONTACT BETWEEN YOU AND OTHER PEOPLE.**



### AVOID THE FOLLOWING WHILE SOCIAL DISTANCING:

- GROUP GATHERINGS AND PLAYDATES
- SLEEPOVERS
- CONCERTS AND THEATRE OUTINGS
- STADIUM EVENTS
- CROWDED STORES AND MALLS
- GYMS
- VISITORS AND NON-ESSENTIAL WORKERS IN YOUR HOMES
- PUBLIC TRANSPORT



### LIMIT THESE ACTIONS:

- RESTAURANT VISITS, INCLUDING GETTING TAKEAWAYS
- GROCERY STORE AND PHARMACY VISITS
- GOING TO THE LIBRARY
- CHURCH AND MOSQUE SERVICES
- TRAVELLING



### SAFE SOCIAL DISTANCING:

- TAKING A WALK OR HIKE
- GO FOR A DRIVE
- YARD WORK AND PLAYING IN THE YARD
- SPRING CLEANING
- READ, WATCH TV SERIES, OR LISTEN TO MUSIC
- FAMILY GAME NIGHTS
- GROUP VIDEO CHATS
- CALL TO CHECK ON YOUR FRIENDS AND ELDERLY NEIGHBOURS



**REMEMBER:**  
**WASH YOUR HANDS REGULARLY** WITH SOAP AND WATER FOR **AT LEAST 20 SECONDS** AND **AVOID TOUCHING YOUR FACE.**



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<https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>