

**As Churches everywhere begin to re-open for us worship together, it is very important that we follow the Presidential and State guidelines.**

- Be diligent to practice good hand washing
- Keep hand sanitizer containing at least 60% alcohol on your person so that you can cleanse your hands as needed
- Use masks when possible. Be sure to keep the nose and mouth covered with the mask when speaking to others (using social distancing)
- When you have to touch high-touch surfaces (handrails, elevator buttons, phones, etc.), use a cloth or glove. Otherwise, wash your hands after touching them.
- Be vigilant to avoid touching your nose, eyes or mouth with your hands while away from home
- Continue social distancing, staying 6 feet apart; but allow the love of Christ to be lto show in your countenance and disposition.
- Avoid shaking hands, holding hands, hugging.
- If you are 60 years of age and over, have chronic disease such as Diabetes, Heart Disease, Lung Disease, you are advised to stay home.
- If you have a cough, runny nose/ sniffing, sneezing, fever, or diarrhea, you **MUST** stay home. (Don't forget to cough or sneeze into your elbow, not your hands). Contact your health provider if you have these symptoms.
- Eat a healthy diet rich in dark green leafy plant foods, colorful veggies, berries, onions/garlic, beans, mushrooms, seeds, and nuts to help keep your body's immune system strong, and to decrease your risk/ symptoms of chronic disease.
- Abide in the secret place of the Most High God, making Him your habitation, and we will get through this.