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## List of Resources

Use this list of resources to monitor COVID-19 and learn about the best practices to be used as we prepare.

Center for Disease Control

[www.cdc.gov](http://www.cdc.gov)

National Institute of Health

[www.nih.gov](http://www.nih.gov)

World Health Organization

[www.who.org](http://www.who.org)

ResourceUMC

[www.resourceumc.org](http://www.resourceumc.org)

NC Department of Health and Human Services

[www.ncdhhs.org](http://www.ncdhhs.org)

NC Department of Public Safety

[www.ncdps.gov](http://www.ncdps.gov)

Mayo Clinic

[www.mayoclinic.org](http://www.mayoclinic.org)

Johns Hopkins

[www.jhu.org](http://www.jhu.org)

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## In the community

- Avoid going out, if you feel sick
- If you are visiting a care clinic or doctor's office, call first
- Only wear a mask, if you are sick. A mask will not keep you from getting the virus.
- Do not travel, if you have a fever
- Use hand sanitizer regularly
- Use air dryers in public restrooms, if available
- Clean your cellphone daily
- Avoid people who appear or act sick
- When greeting people, avoid handshakes
- Keep from touching your face
- Pets are included in the recommendations
- Be aware of your environment



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# A Response To The Coronavirus



## Western North Carolina Annual Conference

## A message from the Committee on Relief

As we have watched and prayed for those across the world that have been affected by COVID-19, we face the realization that we must be more diligent in our efforts to prepare and mitigate the effects of this virus in our local communities. As a church, our first call is to respond and care for those around us, while also making sure we do not put our parishioners at risk.

In times of crisis, the most powerful tool is knowledge. As leaders across the conference we must make it our job to be as educated as we can on the situation surrounding us. There is lots of information circulating the internet, much of it being accurate while some of it is not fully vetted. I urge you to be diligent in your search for information and to be mindful when spreading that information.

There are many steps and practices that can be taken to limit the risk of exposure not just to COVID-19 but to all viruses. Posting important information around your church office, common gathering spots, bathrooms, and other highly trafficked areas of your church is a great way to spread awareness and proper hygiene practices.

Along with this information, provide adequate resources to promote these practices, such as hand sanitizer, tissues, disinfecting wipes and sprays, etc., throughout the church.

# Preparedness

## What you need to know

- Prepare - Don't Panic
- The virus is not covered by your flu shot.
- The virus is spread person-to-person within about 6 feet.
- The virus is transmitted through respiratory droplets when an infected person coughs or sneezes.
- The virus may be contracted by touching a surface or object that has the virus on it and then touching one's mouth, nose, or eyes (mucus sites).
- The virus may be spread by persons who have no immediate symptoms.
- Symptoms of the virus:

## At home

- Wash your hands — Wash them for at least 20 seconds each time. Wash them before you prepare food, eat, after use the bathroom, if you cough or sneeze, and if you are caring for sick people. If you don't have soap and water, use a sanitizer with at least 60% alcohol. Don't touch your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with your elbow, or cough or sneeze into a tissue and then throw the tissue into the trash.
- Clean frequently touched objects and surfaces with a disinfectant cleaning spray or wipe.

## At church

- Do not attend church, if you are feeling sick.
- Avoid close contact with people who are sick.
- Do not shake hands or hug others
- Use hand sanitizer
- Do not receive Communion from a common cup.
- Avoid using the water/drinking fountains
- Use hand sanitizer following restroom use
- Cover your mouth and nose, if you feel the need to cough or sneeze. Cough or sneeze into your elbow, not your hand.

**COVID 19**  
CORONAVIRUS DISEASE

**CORONAVIRUS DISEASE 2019 (COVID-19)**

**SYMPTOMS\* OF CORONAVIRUS DISEASE**

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

\* Symptoms may appear 2-14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.

[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

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