USCJ Seek meaning together

Concerned About Coronavirus?

Coronavirus is a respiratory illness, so precautionary steps you would take to avoid the flu or common cold are applicable here as well.

1. Wash your hands...thoroughly and often. Soap and water are preferable, but use hand sanitizer if necessary.

2. Sick or not feeling well? Please stay home - it's better for you and everyone else. Also, clean your keyboard...it's a breeding ground for germs.

3. Keep your hands away from your eyes, nose, and mouth so germs on your hands won't enter your body.

4. Try to avoid shaking hands or kissing your friends Shabbat Shalom. A fist bump and a friendly smile deliver the same greeting.

5. Grazing the kiddush tables? Be sure to use serving utensils rather than your hands when taking food.

6. Again, wash your hands thoroughly. This can't be repeated too often. It is the most recommended step to avoid spreading germs.