



Health Safety Guidelines for Virus and Flu Season

Exercise common sense and take the precautions that are recommended during the regular flu season. These include the following:

Staying at home if you are not feeling well or if you are senior with any pre-conditions;

Frequent **washing of hands** with soap and warm water;

Use **sanitizing or alcohol-based gels** and/or wipes (Hand sanitizer is available in multiple places including both entrances to the Sanctuary;

Avoid **touching** your own nose, eyes and mouth.

At **worship**, it is suggested that people consider verbal greetings in lieu of physical contact during exchange of The Peace; **Avoid self-intinction** during Communion (Medical science has determined that the Common Cup when cleaned properly is much safer than intinction);

Good **self-care** (getting plenty of sleep and exercise, managing stress, eating healthy food and drinking plenty of water);

Avoid **close interactions** with people who are sick;

Try not to **touch** potentially contaminated surfaces;

Some online information resources include:

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

Michigan HHS: www.michigan.gov/coronavirus

Kent County Health Department <https://www.accesskent.com/Health/coronavirus.htm>

A Church of the Episcopal Diocese of Western Michigan

The Rev. Dr. Christian Brocato, Rector

134 North Division Avenue, Grand Rapids, MI 49503-3173

616-456-1684, www.stmarksgr.org

www.facebook.com/stmarksgr