



## Concerned About the Coronavirus?

The coronavirus is a respiratory illness, and you can take the same steps as you would for the flu or common cold.



**1. Wash your hands...**thoroughly and often. While soap and water are preferable, use hand sanitizer if necessary.



**2. Sick or not feeling well?** Please stay home - it's better for you and everyone else. Congregation Beth El livestreams Shabbat Friday evening and Saturday morning services. You can watch the livestreaming of our services by visiting: <https://bethelfairfield.org/worship/live/>



AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

**3. Keep your hands away** from your eyes, nose and mouth so germ on your hand do not enter your body. (P.S. Wash your hands).



**4. Avoid shaking hands or kissing** your friends on Shabbat. A fist bump and a friendly smile deliver the same greeting. Again, wash your hands!



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



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