Bishop Bob (Continued)

Fourth, there are some mitigating measures that may be easily instituted in our congregations. These are some things we hope our churches and members will do immediately.

- **Stay home** if you are not feeling well, and especially if you are coughing.
- Wash your hands often and use hand sanitizers.
- Have hand sanitizers readily available around the church property, not just in restrooms.
- Have facial tissue (Kleenex) and trash receptacles available throughout the church property.
- Discourage hugging and handshaking, as an alternative use an elbow bump or the Asian tradition of bowing.
- Avoid touching your eyes, nose, and mouth.
- Cough or sneeze into a tissue or your elbow, not into your hand or fist.
- Clean and disinfect frequently touched surfaces and objects such as door handles, cell phones, table surfaces, offering plates, and chairs.

We will be offering updates and links on our conference website at: [https://dscumc.org/disaster-response-resources/](https://dscumc.org/disaster-response-resources/).

As people of faith, let us keep praying, as we prepare and respond to this global concern. In faith, let us remember that God is with us and we are not alone.

In Christ,
Bishop Bob

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

A response to the Coronavirus

Desert Southwest Annual Conference

Prepared by the Disaster Response Committee
Desert Southwest Conference

Coordinators: Polly Turner and Tom Mattick
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.

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: