

# DABC Wellness Bulletin for Covid 19

The following document has been prepared by the HealthCare Team of Dayton Avenue Baptist Church and in conjunction with the pastoral leadership of the church.

**Thank you for your prayer support and understanding during a rapidly evolving situation as we make every effort to care for our members and where possible minister to the community.** Pray that God will use this crisis to soften hearts to his gospel. Pray that we would have wisdom for each situation as it unfolds and not over or under-react.

**First, we want to convey to our church that when it comes to your health, we are committed to keeping you as healthy as possible.**

Therefore, if you are experiencing coughing, sneezing, fever, nausea, achiness, or any flu-like symptom, please stay home. We love you but our policy is that remain home until you are symptom free for 48 hours before coming back to church. If you or a family member do come to church and display any of the aforementioned symptoms please be understanding if someone from the church leadership team asks you or someone with you who displays these symptoms to stay home or return home out of concern for others. This is a practical application of biblically loving others.

**Second, we want to remind everyone of the importance of good health practices for the good of all.**

This is especially important if you are working with older and younger populations. The importance of [hand-washing](#) and good health practices is critical in all our programs. We also need to be especially cautious of those who may have suppressed immune systems.

**Third, out of an abundance of caution, we will seek to modify some of our normal programs and services in order to minimize the spread of any virus or contagions.**

Therefore, large group meetings may be canceled for the short-term to minimize the risk of spread. We will try to communicate any cancellations as broadly as possible. Please check the church's website, with your LifeGroup or ministry leadership, or call the church office for updates.

## Prevention

- Frequent hand washing, soap & water for at least 20 seconds (sing the ABC song), or a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your face, eyes, nose or mouth with your hands unless washed.
- Stay home if you think you are getting sick or in a high-risk category (elderly [70+], chronic medical)
- Avoid contact with people who are sick.
- Get adequate sleep.
- Limit touching of common surfaces (doorknobs, handrails, light switches, etc)
- We will continue our diligence in cleaning and sanitizing common surfaces at the church and have hand sanitizers available for use in the common areas like the welcome desk, coffee area and children's ministry check-in desk.
- Buy cold and flu medicine now, so you will not have to go out if you are sick.

## When We Gather...

- Say hello, but avoid shaking hands and giving hugs.
- Keep an appropriate distance from other people when possible (3-4') or 6' when someone is coughing/sneezing.
- Wash your hands frequently with soap (20 seconds +) and dry hands with a paper towel or air dry.
- Cover your cough or sneeze with a tissue or sleeve.

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## The following information is from the Center for Disease Control

### **Who is at Higher Risk?**

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

Older adults and people who have serious chronic medical conditions like:

- Heart disease
- Diabetes
- Lung disease
- Cancer
- Chemotherapy treatment

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

### **If you are at [higher risk](#) of getting very sick from COVID-19, you should:**

- [Stock up on supplies.](#)
  - Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
  - If you cannot get extra medications, contact your pharmacist.
  - Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
  - Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
- Take [everyday precautions](#) to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- [Avoid crowds](#) as much as possible.
- Avoid [cruise travel](#) and non-essential air travel.

### **Watch for symptoms and emergency warning signs**

- Pay attention to potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs\*:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face