

Let's not spread illness at church!

As cases of COVID-19 continue to spread internationally, there is a possibility this virus could become a pandemic. At this time, it is important to recognize **pandemics have nothing to do with the severity of the disease**. As per the World Health Organization, a pandemic is the worldwide spread of a new disease where most people do not have immunity.

Currently in Ottawa there have been no confirmed cases and the risk level remains **low**.

In the event a pandemic is declared, it is important that you are protected in the event you or someone in your household becomes ill. The recommendations as per Ottawa Public Health are as follows:

Get ready

- Stock up on non-perishable foods gradually over the next few weeks. (Be prepared for two weeks)
- Fill prescriptions and stock up on over-the-counter medications
- Make plans for your children or other dependents in case you become sick
- Stock up on supplies for your pets
- Stock up on cleaning supplies
- Ensure you have adequate sanitary/hygiene supplies

Reduce the spread of germs

- Wash your hands often with soap and water, or use hand sanitizer
- Avoid touching your eyes, nose, and mouth unless you have just washed your hands
- Cover your cough and sneeze with a tissue or into your arm, not your hand
- Stay home if you are sick and avoid visiting people. If you have signed up to read scripture, usher or help at an event, we will understand!
- You, or a minister, may choose not to shake hands at the door, perhaps greeting you with a nod. This is not a sign of disrespect, simply care for one another.

Follow health travel advice and advisories

- Follow all guidance for affected areas if you are returning from travel
- Stay up to date on emerging travel notices from the Government of Canada
- **If you have recently returned from travel, please let someone from the church know** (a minister or staff person, committee chair or friend.)

Take care of yourself

- Stay healthy by eating well, drinking lots of fluids, staying active (if well), and trying to get enough rest and sleep. A healthy immune system is better equipped to fight an infection
- **It's OK to NOT be OK.** Please know that help is available and we encourage you to reach out to someone