

Rideau Park COVID-19 Information

Ottawa Public Health has assessed the risk of contracting the coronavirus (COVID-19) in Ottawa as being low for the time being. We are all advised to protect ourselves and others by:

- washing your hands with warm soapy water for 20 seconds or using hand sanitizer,
- coughing or sneezing into a tissue or your elbow and avoiding touching your eyes, nose or mouth, and
- if you have symptoms such as coughing, sneezing, a fever or shortness of breath, you should avoid crowded settings, including worship and other church events. Those who have recently travelled to areas known to be experiencing a COVID-19 outbreak should also consider limiting public contact.

Here at Rideau Park we encourage you to practice healthy interactions wherever you go. These are the steps we are taking to minimize risk to everyone who uses our building:

- Please use the hand-sanitizer posted at the entrances or wash your hands.
- Please do not come to church if you are feeling ill or have a fever. Sunday worship is livestreamed on our website – stay home and take care of yourself!



- Changes to Sunday services: instead of shaking hands at the door or hugging, we will greet each other verbally and minimize close physical contact. We will be receiving the offering on Sunday mornings in a way that limits the number of people contacting the offering plates. Communion is not scheduled until April 9 (Holy Thursday) and April 19 (Sunday worship), so we will update our communion practices according to the information we have at that time. At coffee time people take their own mugs from trays and mugs are washed in a machine. If you have concerns you might bring your own mug.
- Staff may be working from home if they feel ill or may have been in contact with the virus. If you cannot reach them by office phone, you can contact them via email.
 - Cancellations: Please check the website and your email regularly to see if any events or services have been cancelled, and email or phone the office or someone organizing the event if you have questions. If you are not presently on our email list, please send an email to administrator@rideaupark.ca

Our prayers are with all of those who are ill with this virus and for those who care for them, especially in countries that have been most affected. We also pray for health and frontline workers as they face their daily tasks. And we remember those communities and businesses that have been affected as well as those who are anxious for themselves and those they love. Please reach out if you feel concerned or need help in any way.