



*Timely health info  
from Jennifer  
Hildebrand, RN-BC,  
Parish Nurse*

We're all aware of the current virus- **COVID19** -and no doubt concerned about how it may impact you, your family and friends. It is important that we not only focus on this virus, but also be aware of other very serious contagious illnesses – such as Influenza A and B, which also can be life threatening. Our approach should be the same – lots of good prevention. As new cases of COVID-19 are reported in the US, locally in the Quad Cities and around the world, the Church is called to educate, use caution and common sense.

It's important to use only reliable resources for information. There's lots of misinformation, so I don't recommend Social Media (Facebook, Twitter, etc.) to be your source. The authorities on COVID-19 and other epidemics is the CDC.

Who is at most risk of COVID-19? Elderly adults and/or people with conditions such as diabetes, cancer, hypertension, heart disease or lung disease are most at risk.

**Below is advice from the CDC on best practices:**

- **Do not panic.** The majority of cases exhibit mild symptoms similar to the common cold. If you have symptoms or think you may have been exposed to the virus, call your healthcare provider to identify the best way to receive care.
- **#1 MOST IMPORTANT: Members - Lectors-Ushers - EVERYONE - Wash your hands thoroughly and frequently.** Wash between fingers and under nails with soap and water for at least 20 seconds; especially after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
  - If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Avoid touching your face, especially your mouth, nose, and eyes.** Touching your face with unwashed hands increases the risk of spreading germs and infection.
- **Cover your mouth and nose with a tissue or sleeve when coughing or sneezing; not your hands.**
- **Clean frequently-touched surfaces and objects every day.** These surfaces include phones, countertops, tables, doorknobs, cabinet handles, bathroom fixtures, computers, and light switches. Use a disinfectant.
- **Stay home when you are sick** and limit close contact with others. If you elect to seek medical treatment, call your healthcare provider first. **DO NOT GO DIRECTLY TO THE EMERGENCY DEPARTMENT!**
- Feel free to “bump elbows” or bow to fellow congregants during fellowship instead of hugging or shaking hands
- **WEAR A FACE MASK WHEN OUT IN PUBLIC**
- **PRACTICE SOCIAL DISTANCING**