

Hello all,

In light of COVID-19, Wildwood Mennonite Church council wants to share some information on Wildwood Mennonite Church's response. We will continue with our regular church service and we do want to stay focused on your health and safety, therefore:

1. If you feel any of the symptoms listed below, please stay home - if you are needing any support or help please call someone at church or more specifically the pastoral team
2. If you don't feel comfortable coming to church, please stay home
3. If you have a volunteer role in the service but you don't feel comfortable coming to church, please let Joe know
4. Please wash your hands with warm water and soap for at least 20 seconds at a time and frequently
5. Please utilize the hand sanitizer that will be made available (you can also bring your own)
6. We will project songs on the screen - We will not be using hymnals or bulletins
7. We will have a separate location to put your offering as you enter the sanctuary - we will not be passing around the offering bags
8. Instead of shaking hands, let's instead just give each other a big smile and say "hello, how are you?"
9. We will not have coffee and snack time afterwards
10. We care about you! So please let Pastor Joe or someone from the Pastoral Team or Council know if you are needing to discuss this current situation or are needing support

## Symptoms of COVID-1

- Common signs include respiratory symptoms: fever, cough, shortness of breath, and breathing difficulties.
- You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.
- Symptoms may take up to 14 days to appear after exposure to COVID-19.
- **If you are experiencing any of the above symptoms, please stay home. Phone 811 or the public health authority in your province or territory for advice.**
- If you have no influenza symptoms but have travelled to or returned from an affected area, it is recommended to still contact 811 or the public health authority in your province or territory as a precaution.

## Prevention

### Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
  - use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
  - cough or sneeze into a tissue or the bend of your arm, not your hand
  - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands
- clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):
  - toys
  - toilets
  - phones
  - electronics
  - door handles
  - bedside tables
  - television remotes

## **Wearing masks**

**If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19.**

Wearing a mask when you are not ill may give a false sense of security, but there is a potential risk of infection with improper mask use and disposal. Masks also need to be changed frequently.

However, your health care provider may recommend you wear a mask if you are experiencing symptoms of COVID-19 while you are seeking or waiting for care. In this instance, masks are an appropriate part of infection prevention and control measures. The mask acts as a barrier and helps stop tiny droplets from spreading to others when you cough or sneeze.

**For more information:** <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>