



Colorado State Council of the Pentecostal Assemblies of the World Inc.

Affiliate Churches Preparedness For COVID-19 (Coronavirus)

Greetings CSC Family:

As the world, our country and communities continue to feel the increasing and ever changing impact of the Coronavirus (COVID-19), we want the members of Colorado State Council to feel confident we are taking the necessary steps to keep and ensure their health and safety. We should closely monitor and follow the guidelines established by the Centers for Disease Control (CDC) and our local County Health Departments.

What is Coronavirus and COVID-19?

Coronavirus is a family of viruses that cause respiratory illness — an infection of the airways and lungs. COVID-19 is a new disease caused by a strain of coronavirus. It's part of the same family of coronavirus diseases that includes the common cold.

What are the symptoms?

The most common early symptoms appear between 2 and 14 days after infection. Symptoms can be mild to severe. They include fever, cough, and shortness of breath.

How does COVID-19 spread?

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Risk of exposure:

The immediate risk of being exposed to this virus is still low for most Americans, but as the outbreak expands, that risk will increase. Cases of COVID-19 and instances of community spread are being reported in a growing number of states.

People in places where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with the level of risk dependent on the location.

Healthcare workers caring for patients with COVID-19 are at elevated risk of exposure.

Close contacts of persons with COVID-19 also are at elevated risk of exposure.

Travelers returning from affected international locations where community spread is occurring also are at elevated risk of exposure, with level of risk dependent on where they traveled.

Risk of Severe Illness:

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, with risk increasing by age.

People who have serious chronic medical conditions like:

Heart disease

Diabetes

Lung disease

Heart disease

Diabetes

Lung 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.

Steps To Prevent Illness:

- Wash Your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you or your children have symptoms of illness or are sick.
- Cover your coughs or sneezes with a tissue. Coughing into your arm is an alternative.
- Clean and disinfect frequently touched objects and surfaces.

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>

What if I have symptoms:

Call your doctor if you develop a fever, have a cough, or have difficulty breathing; or if you've been in close contact with a person who has COVID-19, or if you live in or have recently traveled to an area where the virus has spread. Check if your plan offers telehealth benefits so you can see a provider virtually. <https://www.coxhealth.com/services/virtualvisits/>

What Should Our Churches Be Doing to Prevent the Spread of COVID-19:

We want the members of our CSC churches to feel assured that the implementation of the recommended guidelines put in place by the CDC to help prevent the spread of COVID-19 at our places of worship:

Heightened Rigorous Cleaning and Disinfection Procedures and increased supply of COVID-19 prevention supplies such as:

- Hand Sanitizers in multiple areas throughout the Church
- Tissues and Trash Baskets throughout the Church
- Cleaning supplies with gloves to clean frequently touched surfaces and objects (doorknobs, tables, doors, countertops, pews, light switches, etc.) daily and as often as deemed necessary, using a Sanitizing Solution appropriate for cleaning and disinfection.

Space Designation to Separate Sick Members:

It is **absolutely** necessary that anyone that is feeling ill **NOT** attend services during their illness to help protect everyone from illness especially those who are at higher risk for severe complications from the Coronavirus. Although at this time screening members for illness before entering the church is not being done. If at the discretion of the ushers someone appears to become ill during the course of the service, they will be asked to exit the sanctuary and go to a room designated for the sick until they can be taken home. That room will be thoroughly cleaned and disinfected daily.

Alternative Greetings During COVID-19:

Since our hands and mouths are some of the easiest ways to transmit the virus, we encourage alternative ways to greet other members such as:

The Foot-shake
The Elbow Bump
The Wave
Air Five (Not High-Five)
Air Fist Bump (with touching)
Nod
Hand to Chest with slight bow

Online Worship Options for those with Illness:

- Facebook Live
- Video Conferencing
- Streaming

Please rest assured that during these most challenging times as it relates to COVID-19, Colorado State Council and its affiliated churches will take every opportunity to provide for your physical and spiritual well-being as our top priority.

Prayerfully,

A handwritten signature in black ink, appearing to read "Jones Foote", written over a light blue rectangular background.

Bishop Jones Foote, Diocesan 61st Episcopal District