Statement from the Virginia Avenue Church of Christ
Regarding the Corona Virus "COVID-19"

As a precaution for the safety of our members and visitors as you enter our doors for worship and study, please be advised: If you have traveled within the past 30 days, or have been in close contact with someone with COVID-19 and have a fever or respiratory illness (cough or shortness of breath), call your doctor's office or local public health department for further direction. With the continuing spread of COVID-19 within the U.S., our health systems are working closely with the Centers for Disease Control and Prevention (CDC), as well as state and local health authorities, to care for affected individuals while taking steps to limit person-to-person spread within our communities. When possible, we will share resources and updates on as the situation develops, or you may feel free to visit the CDC website at www.cdc.gov for more information.

Information about COVID-19

COVID-19 is believed to spread in similar ways as the common cold, such as when an infected person coughs or sneezes. Symptoms include fever, cough and difficulty breathing. A health care provider can give you instructions for seeking care, including options for testing, while minimizing the risk of exposing others.

Across the world, new cases of COVID-19 are being reported, and some parts of the country have declared a state of emergency. However, according to the CDC and other authorities, for most people in the U.S. the risk of exposure remains low.

How to protect yourself and others

You can protect yourself from COVID-19 infection the same ways you protect against the common cold or seasonal flu.

- Sanitize your hands often for at least 20 seconds each time. Alcohol gel works well in most situations (like after coughing, sneezing, or blowing your nose), but handwashing with soap and water should be performed after going to the bathroom, before eating, before preparing, cooking or serving food, or when your hands are visibly soiled.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash (putting a tissue on a table contaminates the surface of the table with germs).
- Avoid touching your eyes, nose and mouth.
- Routinely disinfect frequently touched objects and surfaces, using a cleaning spray or wipe.
- Take extra precautions to reduce the likelihood of exposure, if you are at a higher risk of serious illness from COVID-19.
- If you feel sick, use home quarantine or home isolation
- Stay home if
  - You believe you have been exposed to the virus, even if you are not showing any symptoms.
  - When you are sick, especially if you have respiratory illness symptoms. Whether you have seasonal flu, the common cold, or something else, it's important you stay away from others when sick.
- Monitor yourself for fever, coughing and shortness of breath.