

Trinity Church COVID-19 Advisory

What natural measures is Trinity taking to reduce the risk to the church family?

- Disinfecting all high-touch surfaces in each building BEFORE and AFTER each use, whether a worship service or daily, after school use
- Providing hand sanitizer in our public areas
- Encouraging adjusting fellowship/greeting habits to eliminate handshaking and close contact.
- Maintaining live-streaming and sermon archives for those who decide to stay home to reduce their risk level
- Monitoring local public health advisories for further recommendations

How should we respond spiritually to this outbreak?

- **Pray Psalm 91** over ourselves and confess the Word! Here are two confessions to use for your family. Read them together aloud daily and soon you will be able to recite them together from memory.
- ***“No weapon formed against me will prosper (Isa 54:17). No evil will come upon me and no sickness will come near me. For God’s angels protect me and keep me in all my ways (Ps. 91:10-11). By His stripes I was healed, in the name of Jesus (Isa. 53:5/1 Pet. 2:24).”***
- ***“God has not given me a spirit of fear, but one of power, love and self-control (2 Tim 1:7) He is rich in mercy and great love for me (Eph. 2:4) and His perfect love makes my fear disappear (1Jn. 4:18).”***
- Be led by the Spirit and remain ready to minister to neighbors as the Lord opens doors of opportunity.

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Here is some valuable information on the COVID-19 outbreak that the CDC is recommending.

From <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Everyday Precautions

- Avoid close contact with people who are sick
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- Use hand sanitizer containing at least 60% alcohol.
- Avoid touching your face (nose, eyes, mouth) as well as high-traffic surfaces like elevator buttons, door handles, handrails, handshaking, etc.
- Avoid cruise travel and non-essential air travel.

Who is at Higher Risk?

- Older adults and people who have serious medical conditions like:
- Heart disease, Diabetes, lung disease & people with compromised immune systems due to cancer treatment or pharmaceutical regimens

If you’re at higher risk of getting very sick from COVID-19, you should:

- Avoid crowds as much as possible.
- Stock up on supplies, medications and food.
- If there’s an outbreak of COVID-19 in our community, stay home as much as possible to further reduce your risk of being exposed.
- Depending on the outbreak’s severity, public health officials may recommend community actions to reduce people’s risk of being exposed to COVID-19.