

3 EASY STEPS

TO KEEPING YOURSELF & OTHERS HEALTHY!

All of us need to be extra careful during the Coronavirus outbreak. Here are some simple ways to keep sickness away.



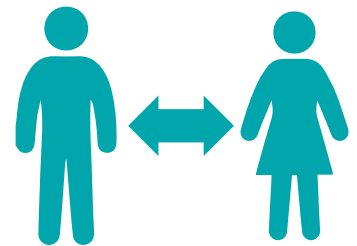
WASH YOUR HANDS

Wash your hands for at least 20 seconds using soap and water. If you can't wash your hands, use hand sanitizer frequently.



DON'T TOUCH YOUR FACE

Especially around the eyes, nose and mouth. If you must sneeze, use a tissue or your arm.



KEEP YOUR DISTANCE

Practice social distancing during this epidemic and stay away from large groups. Instead, call, email or check up on family and friends using social media.

Stay Connected While You're Away.

Now more than ever, it's important to stay connected within your community. You might not be able to visit our church, but you can still stay in touch; just go to www.parishesonline.com to sign up to receive your church bulletin delivered straight to your inbox. Just search for our church's name and click Subscribe.