



PERSONAL PRECAUTIONS AND ILLNESS PREVENTION STRATEGIES

Coronavirus Symptoms: Fever (100.4 or higher), cough, and difficulty breathing or shortness of breath. [Visit the CDC website for more information on COVID-19.](#)

Influenza Symptoms: Fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, and/or fatigue. Some people, mostly children, can have vomiting and diarrhea. [Visit the CDC website for more information on Influenza.](#)

Cover coughs and sneezes:

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

If you do feel ill, monitor your symptoms:

Seek medical attention: Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).

Call your doctor: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

The virus is thought to spread mainly 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. Please be respectful of each other's space when in Church. Remember, there is always space in the front Pews at church!