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Coronavirus

KEEP CALM AND WASH YOUR HANDS – A LOT!

****UPDATE 3/4/2020 4:00pm****

Status of our programs for Wednesday night: March 4 at UPC.

The Lenten service will be held as planned.

7pm in the Sanctuary



It will be a time of song and prayer, and there will be no passing of food and we ask that participants refrain from physical greetings (handshakes, hugs)



The Rock and Edge ministries will be held as planned.

EDGE: High School, 7pm, Calvin

Rock: Middle School, 7pm, Geneva

Olympian, Bryan Clay, is scheduled to share his story as a part of the “Real People. Real Faith” series for our high school students.

Dinner will be served at 6pm and servers will be wearing gloves. If you are attending and can lend a (washed/gloved) hand to help serve, the team would appreciate your help!



Coronavirus Mythbusters



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UPC has a task force working on future decisions—this page will remain up to date.

****Updated recommendations for those who should stay at home**:**



If you have ANY of the following symptoms—even minor ones—you should stay home to help protect the vulnerable among us. These include: runny nose, sneezing, coughing, sore throat, muscle aches/flu-like symptoms, shortness of breath, fever, abdominal pain or diarrhea.

tone: precaution

Out of an abundance of caution, we also ask those of you who may be experiencing the following additional symptoms to refrain from participating and stay at home: unexplained tiredness/fatigue, headache, general malaise, gastrointestinal symptoms like nausea, vomiting or diarrhea, please stay home. The symptoms associated with COVID-19 can be very mild and not typical for a respiratory illness.



Our elderly members and people with chronic illness or have poorer immune functions (e.g. from chemotherapy, radiation treatment, or dialysis, pregnancy) are recommended to not participate, as infection with COVID-19 could have more serious effects.



Basic hygiene is KEY to protect yourself and others!

This may feel repetitive, but practicing general hygiene measures is one of the most proactive things we can do individually to protect ourselves and others in our community. Please remember to do the following at home and when attending UPC:



- Wash your hands with soap and water for at least 20-seconds. (hum Amazing Grace or Happy Birthday!)
- Use hand sanitizer (we have several dispensers throughout the church building).



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Stay tuned for more updates. Meanwhile, if you have questions, please email covid@upc.org and our response team will be in touch with you. Thank you and God Bless you!

Your UPC Staff

CDC: <https://www.cdc.gov/coronavirus/>

WA DoH: <https://www.doh.wa.gov/Emergencies/Coronavirus>

3/3/2020 3pm

Dear members and friends of UPC,

value: presence

value: collective

We at UPC value your **participation and presence**. Because of you, we are a faith community, a family, and we look out for each other. As a family we also need to be **responsible community members**. In light of recent global healthcare events – in particular the current coronavirus outbreak - we want to follow best practices and the guidance of our **local public health officials** in order to **protect** those most vulnerable, and to do what we can to take precautionary measures. **source: gov; value: protect**

We are blessed as a church community to have access to information and expertise in the medical field, public health department, and the **CDC** to help inform and guide us through this time. We continue to monitor new developments and are taking thoughtful action to minimize the risks associated with the transmission of COVID-19. **source: CDC**

In an abundance of caution, we are cleaning the sanctuary and common rooms and surface areas prior to our Wednesday evening programming. We will also keep our hand sanitizer dispensers visible, filled, as well as hand soap in the bathrooms. **logistics: organization**

While the fear of transmission is an inherit risk, we want to remind everyone of the things each of us CAN do, to help keep one another healthy: **logistics: personal**

- If you are sick especially if you have a fever, no matter the reason, please stay home.
- Cover your mouth and nose with a tissue or do the elbow cough or sneeze.
- Wash your hands often — with SOAP and water for at least 20 seconds (sing Amazing Grace or Happy Birthday). Use the hand sanitizer stations located around the church.



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Looking ahead, we will continue to monitor COVID-19's transmission and respond accordingly with our planned programs and activities. **We will keep our website updated with the most current information. We will also send emails to ministry distribution lists and the Connector with any program implications. If you have questions, please email covid@upc.org**. Our response team will be monitoring this email box between 7am-7pm, 7 days a week, and will either respond directly to your inquiry, or incorporate your news into our planning. **logistics/tone: available**

tone: solidarity

We are **all in this together**. Thank you for helping us **care** for one another, and for praying for the health and safety of our community. **value: care**

Blessings to you,

Your UPC Staff



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