



## MAPS response to Coronavirus

MAPS Redmond <manager@mapsredmond.org>

Sun, Mar 1, 2020 at 5:22 PM

Reply-To: manager@mapsredmond.org

To: [REDACTED]

Having trouble viewing this email? [Click here](#)



## MAPS response to Coronavirus

**value: peace** Assalamu Alaikum / Peace be upon you

**value:  
solidarity**

As communities and public health officials respond to the outbreak of the coronavirus (COVID-19), we are closely monitoring its progression here in Washington State. The Muslim Association of Puget Sound stands in solidarity with those affected by the coronavirus and their families, and the health workers who are trying to diagnose and treat patients. Below, we have outlined some guidelines and resources for our community.

**value: awareness**

**The Basics: How you can protect yourself** **tone: protection**

**value: awareness**

**Symptoms** of the coronavirus are similar to the flu or a cold: runny nose, headache, cough, sore throat, fever and a general feeling of being unwell.

These are steps **health officials** recommend to **protect yourself:** **logistics: personal**  
**source: county**

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces.
- Stay at home and away from others if you are feeling ill..

**What we are doing within our MAPS facility** **logistics: organization**

- We have Hand sanitizers throughout the facility

- We have security disinfect door handles and objects where people touch with their hands. **value: awareness**
- We are planning on an **education session** next week

**source: leaders****tone: permission**

Additionally, our **Imams** have suggested that it is **permissible to not attend prayer congregations, even Juma**, for those who are sick or not feeling well, and to stay at home instead.

**tone: accommodation**

For more resources on Dos and Don'ts: Click [here](#)

[WEBSITE](#) | [ABOUT](#) | [FACEBOOK](#) | [TWITTER](#) | [DONATE](#)

[Annual Report](#)

[Annual Video](#)

Muslim Association Of Puget Sound (MAPS), [17550 NE 67th Ct](#), Redmond, [WA 98052](#)

SafeUnsubscribe™ [hshelton@uw.edu](mailto:hshelton@uw.edu)

[Forward this email](#) | [About our service provider](#)

Sent by [manager@mapsredmond.org](mailto:manager@mapsredmond.org) in collaboration with



Try email marketing for free today!