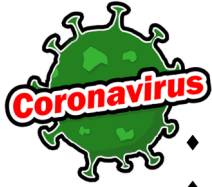


## NEW MT. ZION MISSIONARY BAPTIST CHURCH

### CDC GUIDANCE ON PREVENTIVE MEASURES -PROTECT YOURSELF AND OTHERS



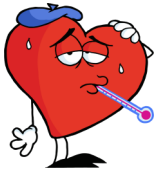
**COVID-19 may be spread by people who do not have symptoms.**

- ◆ The virus is thought to be spread mainly from person to person.
- ◆ Between people who are in close contact within 6 feet of each other
- ◆ Respiratory droplets produced when an infected person coughs, sneezes, or talk

**Knowing how the disease is spread is an important aspect of education and protection at NMZ.**

#### Symptoms of coronavirus

Fever, loss of taste or smell, chills, Cough, Trouble Breathing, Headache. If two or more of these symptoms are present, **seek prompt medical attention and ask for a COVID-19 test.** Do not come to church if any of these symptoms are present.



Please stay home if you are sick for the protection of your fellow church members.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



Put distance between yourself and other people outside your home. Remember that some people without symptoms may be able to spread the virus. **Do not gather in groups, avoid mass gathering, and stay out of crowded places.**



Cover your mouth and nose with a face mask when you are in public places such as church. The face mask is meant to protect other people in case you are infected. Continue to keep 6 feet between yourself and others. The mask is not a substitute for social distancing.



Clean and disinfect frequently touch surfaces daily. Clean the surface first with soap and water and then use a household disinfectant. This includes tables, doorknobs, countertops, phones, keyboards, toilets etc.



Avoid sharing dishes, drinking glasses, and eating utensils. Avoid sharing food from the same plate.



Cover your coughs and sneezes with a tissue and throw the tissue away in a lined trash can. Wash your hands immediately with soap and water. If you do not have a tissue, cough or sneeze into your elbow.