

RECOMMENDATIONS TO LOCAL CHURCHES REGARDING CORONAVIRUS (COVID-19)

How is the infection spread?



- Droplets containing the virus are spread from the mouth of infected individuals, when they cough, sneeze or talk.
- Droplets travel approximately 1 m from the infected person and can enter someone standing close by, or contaminate any nearby surface they come in contact with.

How to respond?

INDIVIDUALS



- Frequently wash your hands with soap during the day. Use warm water.
- The soap needs to foam and be applied thoroughly for about 30 sec before rinsing with water. Don't forget thumbs, wrists and between fingers.
- Use hand sanitizers where soap washing is not possible. They should contain at least 60% alcohol. Take such an amount of the sanitizer that you can rinse your hands completely.
- Avoid touching your face.
- Keep a social distance of at least 1 m from other people especially if they are displaying symptoms.
- Consider alternative greetings to handshakes or hugs, perhaps a warm smile and a compassionate "hello".
- If you cough or sneeze, do so in your flexed elbow or paper tissue that you discard in a closed bin. Do not cough in your palm.
- Using a face mask that covers the mouth and nose is not necessary, except for health care professionals, patients infected with coronavirus, and those who are in close proximity to them.
- If you experience symptoms of flu, avoid participating church activities.
- If you experience symptoms (see THL-pages, link below), contact your own local health care professional. Testing for coronavirus is important, if you have traveled in the risk zones or you have been in close contact with a person, who has coronavirus (laboratory tested).

LOCAL CHURCHES



- Keep hand sanitizers in obvious places, and urge people to use them:
 - In toilets
 - By hymnals and bibles
 - By piano
- Sanitise surfaces regularly with >60% alcohol
 - Door handles
 - Rails
 - Table surfaces, etc.
- Potlucks and Communion (difficult to maintain good hygiene)
 - Evaluate how important it is to arrange gatherings, take into account local conditions.
 - Have someone serve others, so you do not need to share utensils.
 - Regard glasses and utensils as contaminated afterwards and clean accordingly

Follow the regularly updated recommendations of health authorities. More information about coronavirus from the webpages of the Terveyden ja hyvinvoinnin laitos:

<https://thl.fi/en/web/infectious-diseases/what-s-new/coronavirus-covid-19-latest-updates>