

THE COUNCIL OF AFRICAN AND CARIBBEAN CHURCHES (UK) GUIDELINE FOR PREVENTION OF CORONAVIRUS, COVID19.

In this unprecedented outbreak of Coronavirus, (COVID19) It is very important that we take every precaution possible to prevent the spreading of this deadly pandemic Virus which has brought the whole world to a stand still. Being aware that these are part of the end time signs, of the Second coming of our Lord Jesus Christ, The Lord God who called us and the Communities we serve expects us to be a shining example of trustworthy leaders,

We must therefore take Spiritual action which is prayer, love and care, as well as the physical action which is, doing everything in our stride to prevent the spread of this virus. Then Trust the Lord to have mercy on all of us, forgive our sins and save the world. He is a faithful God, so we need not fear, for he has not given us the spirit of fear but of Love, power and sound mind. 2nd TIM 1: 7, The Lord is with us, Psalm 91.

Let us therefore follow the government's guideline given below to do what we can to help ourselves, families and our Communities in Jesus name. Amen.

The Recommendation For the Prevention of CORONAVIRUS. (COVID19)

1) Simple good hygiene is highly recommended:

- Regular washing of hands with soap and hot water for at least 20 seconds is good.
- Use hand sanitizer gel as often as possible to wipe hands
- Avoid touching your face; eyes mouth and nose
- Use a tissue to blow your nose and bin it immediately.
- Carry tissue all the time to catch your coughs and sneezes.

2) If you are sick or have symptoms of the virus please stay at home,

- Do not come to Church, but please tell your Church leader.
- Isolate yourself for 14 days.
- If it becomes serious, call 111
- Do not feel guilty for not coming to Church, you are actually helping to control the virus.

3) The Elderly:

- People aged 70 and over with underlying medical conditions, eg diabetes, high BP, etc, should stay home.
- Avoid going to Church and attending places of gathering, to avoid being infected.
- If you live alone please tell your Church Minister so that help will be sent to you.
- Avoid young people coming around who could be carriers of the Virus.

4) Churches and the Elderly:

- Churches must do everything possible to include isolated elders in online worship.
- The Church must stay in contact with the elderly who are staying at home, to help with their needs.

5) Family and the Virus:

- If someone becomes sick or has the symptoms of the Virus in the family, the whole family should go into isolation. Call 111 if it becomes serious.
- If you have been in contact with someone who has the Virus, you should go into isolation.

6) Social and in church greetings:

- Hand shakes, embracing, kisses, and hugs are not allowed.
- Elbow to elbow greetings, waving from a distance or shoes touching greetings is recommended.
- Sit at a distance of two metres, anytime, anywhere.
- In fact, avoid crowding or gatherings

7) Holy Communion:

- The Minister is advised to wash hands and use disposable gloves before administering the Body of our Lord Jesus Christ, to the brethren.
- Individual cups should be used for sharing the Blood of our Lord Jesus Christ.
- If individual glass cups are used, they should be washed in soap and warm water.
- If individual disposable cups are used, they should be collected and disposed of.
- Hand Sanitizer should be made available in the Church at all times.

8) Sharing of Holy Water, Honey, Sugar, and salt.

- Individual disposable cups must be used for the water and disposed of immediately after use.
- Alternatively, individual small bottles of water could be used.
- For the honey, sugar and salt, tiny disposable spoons must be used by each person.

9) Naming Ceremony:

- Ministers should wash hands and use disposable gloves before receiving the baby.
- A tiny disposable spoon should be used for each element or three specially sanctified Spoons should be used which can be washed later.

10) P A Systems:

- Microphones should be sanitized before passing it on to another speaker or singer otherwise provide a steady individual microphone for each person.
- If individual steady Microphones are used, please clean and sanitize after use.
(Rules (a) and (b) should apply to other musical instruments where necessary.)

11) Return from Coronavirus affected Countries:

- If you return to the UK from any Coronavirus affected Countries and feel unwell, Stay indoors and Isolate yourself then call NHS 111, tell them of your journey.

