

Covid-19 Response at First Baptist

Caring for one another means paying attention to some of our habits for the benefit of others.

The Most Effective Habit

The single most effective measure is washing our hands often with soap and warm water for at least 20-30 seconds - about the length of singing "Jesus Loves Me". :) Washing with hand sanitizer is less effective and is meant for when soap and running water are not accessible.

Masks and Gloves

Masks and gloves alone are not effective and must be used properly if they are to work. Because of this, they can even be detrimental.

However, masks and gloves are essential in hospitals and acute care. Buying them en masse for our homes reduces their availability for medical staff who need them. Please leave them for our trained frontline workers.

Cover your coughs and sneezes with your elbow or even better with a disposable tissue and then wash your hands.

Get Outside

Overall good health helps fight off any illness. Going outside for walks means exercise, vitamin d, fresh air, and being blessed in creation.

Avoiding Groups

For several weeks, it will be best if we only have direct contact with our own household, no matter how health we are feeling. Strict social distancing will begin to slow the spread of the virus.

Not Feeling Well?

If you do have any of the symptoms, please do not leave your home. Call the health line: 811.

Stay in touch

Please let the church know if you are self-isolating because you have the virus, some of the symptoms, or have been in contact with someone diagnosed with the

virus. We want stay in touch and help in any way we can: groceries, errands, chores, prayer.

We are doing what we can to offer means of contact with one another.

Should larger numbers of people end up in isolation, those who are not ill might consider checking in on neighbours and friends around town.

Cleaning

Regular household cleaners or diluted bleach are effective disinfectants in your home. Viruses in general can only survive on a surface from a few hours to a few days. Viruses last longest on plastic and the shortest on human skin.

Peace in Anxious Times

Fear and anxiety are also contagious. Anxiety and stress have a significant impact on our health. We ought therefore to be just as careful with worry as we are with viruses. God provides us with love, hope, peace and courage for just such times as these. God is at work within prayer, scripture, and our church family.

Turning off the news and the internet might be a good discipline at times over the coming weeks and months. Some of us watch news all the time and when we turn it off, we can turn their minds to other things. Some of us, watch news and it becomes all we think about. Now that most things are shut down, checking news every few days is probably more than enough.

Prayer is never a waste of time. Let's remain in prayer for one another and for our world and look for ways to serve those most vulnerable.