

## Eastgate COVID-19 Precautionary Plan

At Eastgate, we take the health and safety of our church very seriously. In light of the growing concern about the Coronavirus (COVID-19), precautionary measures are being taken in our facility.

### What WE are doing:

1. Instructing our teams to increase deep cleaning and disinfection in all areas, including our classrooms, café', lobby, bathrooms, and sanctuary.
2. Utilizing the strongest possible non-toxic sanitizing materials available. Eastgate is committed to disinfecting our facility without destroying your lungs with toxic poisons and so all of our materials are 100% natural and target the physical needs presenting themselves with this and other similar viruses.
3. Boosting your immune system each time you walk through our doors by diffusing OnGuard essential oil in the lobby, café', sanctuary, and Spark Kids rooms during regularly scheduled events. On Guard contains Clove oil (kills bacteria), Cinnamon oil (antimicrobial), Eucalyptus oil (naturally treats nasal congestion, asthma), Wild Orange oil (purifies air; contains antioxidants), and Rosemary oil (eases stress; weakens cell walls of antibiotic-resistant bacteria which means it goes where antibiotics cannot). All of these essential oils are Divinely created for powerful immune support and we are dedicated to diffusing them to assist in your improved immunity and overall health.
4. Disinfecting all equipment and toys in Spark Kids nursery & mother's room after each service. Items will be put away during the week so that children will not be able to play with the disinfected toys during non-service time events.

***"For God has not given us a spirit of fear, but of power and love and of a sound mind." 2 Tim. 1:7***

### What YOU can do:

1. Wash your hands for 20 seconds using hot water and the OnGuard foaming soap located at each sink in our facility. Do this after each bathroom trip or when you have coughed or sneezed into your hand. Take advantage of the hand sanitizing station at our entrance.
2. Feel comfortable with waves and elbow-bumps instead of hugs and handshakes. Basic social-distancing is fine, for example, when praying over someone feel free to stand to his or her back instead of the front. But Eastgate is well under the cautionary 250-person crowd limit that is causing many states to cancel events and even church services, so nothing extreme is required since we are all very familiar with each others' current states of health.
3. Stay home if you are experiencing flu-like symptoms, especially if you have a fever, are coughing or sneezing or are experiencing shortness of breath. At that stage, reach out for prayer, increase your sleep, water, and eat a majority diet of foods that are high in Vitamins C (citrus), Vitamin D3 (eggs) and Zinc (nuts). Call a member if you cannot get out and need a porch delivery!
4. If you choose to stay home, please join us on our YouTube live-stream and continue to support Eastgate financially at: [www.eastgateccf.com/give](http://www.eastgateccf.com/give) Our ministry operates only with your faithful weekly giving.

We are committed to making Eastgate a safe place for everyone and are staying up to date with current news and city recommendations. If you are interested in helping us carry out our increased precautionary plans (filling diffusers, cleaning toys, etc.) join our Facilities Maintenance Team today.

***"Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you". Psalm 91:6-7***