



Memorandum

Ministry Name: Merrimack Valley Baptist Church

Effective: March, 11, 2020

Details: MVBC's response to Coronavirus disease (COVID-19)

The purpose of this notification is to provide you with information regarding Merrimack Valley Baptist Church's response to the Coronavirus disease (COVID-19). As you may know, there are five cases of COVID-19 identified in New Hampshire with more potential cases being watched. It is critical for all of our community to take all recommended precautions to help prevent the spread of COVID-19 and other respiratory illness, such as the flu, which we normally see during this time of year.

In our communication with the NH Department of Health, the CDC has determined that the elderly and immunocompromised are some of the most susceptible groups to this particular illness and we want to ensure, to the best of our ability, their protection and as *this health threat may continue to impact our events/gatherings going forward, please stay alert for any updates.*

COVID-19 and many other common respiratory viruses spread through contact with an infected person's respiratory droplets, such as when a person coughs or sneezes. To prevent the spread of respiratory viruses, the **CDC recommends that individuals engage in everyday preventive measures to help stop the spread of germs and avoid illness.** Please assist our church in the following ways:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not share personal items such as water bottles.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. Please stay home for at least 24-hours after you no longer have a fever or signs of a fever (i.e., chills, feeling warm, flushed appearance).
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Additionally, the CDC recommends **to avoid all travel to any locations for which the CDC has issued a Level 3 warning** as well as strongly encouraging the same to countries with a Level 2 alert related to COVID-19. If you have traveled to any of these locations or have come in contact with someone who is sick with COVID-19 symptoms (fever, cough, shortness of breath) after recently traveling to those areas, **please refrain from attending any programs/services for at least 14-days.** Regarding these levels please see CDC travel notice website: <https://wwwnc.cdc.gov/travel/notices> as the advisories are

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updated on a daily basis. Travel to other countries outside the U.S. should be discussed with your family's healthcare provider.

For your personal education:

Outbreaks involving COVID-19 evolve quickly and recommendations from public health officials may change as new information becomes available. Please check the following websites often for updated information:

- U.S. CDC website: <https://www.cdc.gov/coronavirus/2019ncov/summary.html>
- NH Division of Public Health Services website:
<https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>

Finally, I ask that everyone be wise in their choice to come to services, Bible studies, and other events. I greatly appreciate the can-do attitude that many people have at MVBC. The COVID-19 outbreak is having international impact; therefore, I think it is wise to treat the threat as genuine for our gatherings. Please do not venture out if you are not at 100% health.

Thank you so much for your care for the members and friends of our church family and for your help in mitigating risk for as many as possible. Please feel free to contact me with any questions or concerns.

Seeking to serve,

Gregory W. Odiorne

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