

It is important to remember that we as members of St. Herman Church can help prevent community transmission of COVID-19 by following a few simple health guidelines. Please use the following guidelines to help prevent the spread of germs and stay healthy.

- 1) If you are sick, **stay home**. If any of your family members are sick, stay home.
- 2) If you have any symptoms or are not feeling well, **stay home** or go home if you are already at church.
- 3) Wash your hands frequently and particularly before eating or drinking.
- 4) Avoid touching your face, particularly your eyes, nose, and mouth
- 5) Cough or sneeze into a tissue, sleeve, or arm. Do not use your hands.

The symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you get sick, especially with a fever, please be symptom-free for 72 hours before returning to church.

If we can follow the simple of rule of staying home when we are experience any of the above symptoms then this will help prevent the closure of the church and coffee hour.