

COVID-19/Coronavirus Health & Safety Procedures

March 9, 2020

Upper Seneca Baptist Church has put in place specific procedures to help address the health and safety concerns surrounding the emergence of the Coronavirus.

These steps are based on the U.S. Centers for Disease Control (<https://www.cdc.gov/>) and helpful information to protect the health and safety of our church family. As followers of Jesus Christ, we should not panic, but we should pray and take appropriate precautions to protect others as well as ourselves.

Actions of the Church:

- Proper cleaning and sanitizing of all hard surfaces throughout the church.
- Disinfecting all children's toys and supplies.
- Increase the availability of hand sanitizer throughout the church.
- Increase the availability of hand soap in the restroom facilities.
- Food, refreshments, and drinks will be served rather than self-served.

Personal Actions within the Church:

- Limit handshaking and hugging. Instead, greet others with a pleasant smile and/or elbow bump.
- Frequent and thorough hand washing with soap and hot water for at least 20 seconds. Singing the "Happy Birthday" song 2 times is even better while washing your hands.
- Good coughing and sneezing etiquette. (Cough or sneeze into the bend of your elbow).
- Avoid touching your face and mouth.
- Avoid contact with others if you are sick.
- If you are ill for any reason, please stay home so that your body can heal.
- Please keep the church updated on any health-related illnesses you may have. We stand ready to pray and support you while you recover.
- Teach these health and safety precautions to your children.

Stay Connected While Absent from the Church:

- Visit the church's website (www.USBChurch.org).
- Sunday messages are available to listen online (<http://www.usbchurch.org/Sermon%20Recordings>).
- Online giving makes it easy for you to remain faithful in your financial support (<http://www.usbchurch.org/Online%20Giving>).
- Submit prayer requests/praises/questions through email (Church@USBChurch.org).
- Contact the church office by phone (301-972-3686).

As we learn more about the spread and containment of the Coronavirus, additional health and safety precautions may be added or revised.

2 Timothy 1:7 (HCSB) – *For God has not given us a spirit of fearfulness, but one of power, love and sound judgment.*