

RECOMMENDED COVID-19 SAFE PRACTICES

Please continue to follow the recommended Safe Practices regarding the Coronavirus. As indicated previously, one can be infectious before being symptomatic, so it is wise to immediately adopt common sense hygiene practices, which again include:

- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue; toss tissue in the trash immediately.
- Clean and disinfect frequently touched objects (e.g. food brought into the house) and surfaces using a regular household anti-bacterial cleaning spray or wipes.
- Wash your hands often with a bacterial soap and water for at least 20 seconds. This virus is not heat resistant. Soap cuts the virus fat layer and it dies.
- If available, use an alcohol-based hand sanitizer. Alcohol dissolves the COVID-19 outer layer and kills the virus on contact.
- You can gargle with a salt warm water solution.
- Cancel non-essential travel. Stay home.
- Physical distancing will mitigate the spread particularly from those coughing or sneezing; at least six feet of distance.
- Wear cloth face masks in public places to stem inadvertently spreading the virus.
- The virus will stay alive for 6-12 hours on fabrics; normal laundry detergent will kill it.
- Self isolate when you are sick, drink plenty of water and rest. Separate yourself from people and animals. Limit stress by reducing media coverage.
- Self isolate if you visit someone ill to care for them.
- If you feel fatigue, muscle aches, with a low grade or high fever, dry cough and difficulty breathing, seek medical attention immediately. Other signs may be; loss of taste and/or smell, extreme headache and stomach discomfort.

We care deeply about everyone's health and safety. We will continue to monitor the situation regularly and will keep you informed when further actions or precautions are necessary. Everyone is important. Be smart and safe. Be well.

L'Shalom

Dennis Roth
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