

# An Update on the Coronavirus

In light of global precautions for the COVID-19 Coronavirus, and to ensure we are adhering to the direction of our leading health and government authorities, effective immediately, all church activities, gatherings, department ministries, including Sunday Service and Wednesday Night Bible Service, are postponed until further notice.

The Shekinah Kingdom Staff is actively monitoring the COVID-19 Coronavirus developments as it relates to the health and well-being of our members and community, and continuing close communication with local health and government authorities.

## **Join us on Sunday & Wednesday Via Livestream**

We will continue to provide updates on this site as it relates to all developments regarding Coronavirus. We invite you to stay connected by subscribing and joining our free digital platforms:

- **YouTube:** [Youtube.com/ThePlaceOfChange](https://youtube.com/theplaceofchange) (<https://youtube.com/theplaceofchange>)
- **Facebook:** [Facebook.com/PlaceOfChangeVA](https://facebook.com/PlaceOfChangeVA)
- **Instagram:** [Instagram.com/PlaceOfChangeVA](https://instagram.com/PlaceOfChangeVA)
- **Web:** [PlaceOfChange.org](https://www.placeofchange.org) (<https://www.placeofchange.org/livestream>)

# Our Staff and Ministry Leaders:

Our highest priority continues to be the spiritual and physical health and safety of our guests, staff, church members, volunteers and associates, locally and globally.

Our staff has been advised on proper CDC recommended protocols and the importance of ensuring all common preventative precautions, such as disinfecting commonly touched items, washing hands for a minimum of 20 seconds with soap and water, and staying home if you feel ill - which is known as The Five.



## DO THE FIVE

Help stop coronavirus

- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **FEET** Stay more than 3ft apart
- 5 **FEEL** sick? Stay home

## What You Can Do:

SKC will continue to heed the counsel of public health authorities and take appropriate steps to ensure the health and safety of the community. If you are sick with COVID-19 or suspect you are infected, with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading:

### STEP 1: Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work (if you have been cleared to do so - utilize work from home options should they be available), school, or public areas (apply caution in grocery stores or gas stations by using use Nitrile/Latex gloves to help with touching and lifting) . Avoid using public transportation, ride-sharing, or taxis. We understand everyone hasn't been excused from reporting to a physical work building, we ask that you please use wisdom as you move about.

### STEP 2: Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. **See COVID-19 and Animals for more information** (<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#2019-nCoV-and-animals>).

Call your healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

#### **STEP 4: Wear a Face Mask**

You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

#### **STEP 5: Cover your coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry.

#### **STEP 6: Avoid sharing personal household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

#### **STEP 7: Clean your hands often**

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

#### **STEP 8: Clean all "high-touch" surfaces every day**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

## Other Actions to Consider:

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by the local health department or occupational health professionals, as appropriate. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19 Coronavirus. If possible, put on a face mask before emergency medical services arrive.

## State and Local Health Authority Departments

- **VIRGINIA COVID-19 Health Website:** [VDH.VIRGINIA.GOV/CORONAVIRUS/#](https://VDH.VIRGINIA.GOV/CORONAVIRUS/#)
- **COVID 19 HOTLINE:** 1-877-275-9343
- **Medical Emergency:** 9-1-1

