

Dear Center Church Family,

We are living in unprecedented times. The Coronavirus is circulating in Connecticut. As more people are tested, the number of positive cases will grow.

In an effort to slow the spread of the virus, many schools are closing. Sporting events and large gatherings are being cancelled.

The UCC is recommending that churches close for the next two weeks. Out of an abundance of caution, Center Church will follow that recommendation. There will be NO worship services on March 15 and March 22. The events slated for Candidate Weekend (March 21-22) will NOT take place.

We will continue to assess the situation over the next two weeks. When it is deemed safe to bring people together, we will reschedule Bob Bell's 99<sup>th</sup> birthday celebration, as well as the Meet & Greet, the Preach for the Call, and Reception.

Please hold in your prayers the sick and their families, the medical professionals who are caring for the sick, and the researchers who are working to find a vaccine and treatments for this virus.

Stay in touch with folks who are isolated. Make a phone call, send a card or a text message. We are all in this together.

And always remember- "God is our refuge and strength, an ever-present help in trouble."  
Psalm 46:1

Peace and blessings,  
The Church Council

## Hints to Deal with COVID-19

We are all in uncharted waters with this virus. Yesterday's reality is gone, and we need to reassess how to live our daily lives.

1. Remember to wash your hands completely for a minimum of 20 seconds.
2. Do not touch face, eyes, or mucous membranes.
3. This virus can live on unsanitized surfaces for possibly 9 days. Remember that pets can become contaminated with the virus and pass it along. Any surface can potentially harbor the virus...even money.

Treatments are unproven at this time. Some combinations of HIV drugs and anti-flu drugs can help those hospitalized with very severe disease. But it is reportedly 10 times as fatal as the flu. It is a virus to be taken seriously.

Currently, the best strategy is to avoid contact with the virus. Because some people can have a mild case and show no symptoms, it is hard to know who might have it. That is why it is important to limit exposure to other people.

One way to protect yourself is to have a decontamination space in your home. It is best located by an entry door. It should have ready access to a sink for hand washing.

This site should have a place for your outside coat and an easily cleanable bag for things like credit card, driver's license and maybe insurance cards. These items can easily be cleaned in your decontamination space. You don't need to take them into your home and possibly bring the virus further into your home.

If you are sick, you should stay home and call your doctor. Do as directed.

We are all in this together and we'd like to get through it with everyone intact and healthy.

Sincerely,  
Janet B. Dickinson, MD