

For Faith Leaders

We know you are tasked with the impossible right now, trying to stay connected to members without being able to worship or meet all together or even in groups, in-person.

Your relationships with your members means you can also play a vital role in relaying critical public health information during this COVID-19 pandemic. We are concerned many do not understand the importance of staying home and social/physical distancing. You are a respected messenger in our community so we ask you to please discuss and share these main points with your members. It will mean more coming from you!

If you are well/don't feel sick

Stay Home. NO Visitors. Stop the spread. We are all in this together.

Do:

- Do get outside, but stay six feet from others.
- Do get groceries and medicine. Use free pick-up/drive-up services.
- Do stay 6 feet away from others in public.
- Do talk to family and friends through technology.
- Do drop food or medicine at the door for neighbors.

Don't:

- Don't let anyone inside your home or go to other homes.
- Don't take everyone with to get groceries or medicine.
- Don't let your children play with 1 or 3 or 10 (ANY) other children inside or outdoors.
- Don't go to stores for anything other than groceries and medicine.
- Don't touch your face (eyes, nose, mouth).

This virus will spread even more and for longer if we don't follow these rules/do our part. Think of older and more vulnerable people – your grandparents, your coworkers, your neighbors. We are all in this together.

If you are sick

People with COVID-19 have mild to severe symptoms. Symptoms can include fever, cough, and shortness of breath. Other reported symptoms include tiredness, aches, runny nose, sore throat, loss of smell or taste, and stomach/digestion problems like nausea, diarrhea or indigestion.

Emergency warning signs can include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to wake up, and bluish lips or face.

Stay home. Most with COVID-19 have mild illness and are able to rest at home without medical care. If sick, do not leave your home, except to get medical care. Do not visit public areas.

Separate yourself from others in your home. Stay in a specific “sick room,” if possible, away from others. Use a separate bathroom, if available. Cover your coughs and sneezes with a tissue or your elbow. Throw used tissues in a lined trashcan. Wash hands immediately 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. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with someone who is sick in your home. Clean frequently touched surfaces – electronics, door handles, light switches, countertops, etc.

Sick Iowans must stay home and away from others in their house until they have been fever-free for 72 hours (3 days) without the use of medication, and it has been 7 days since the symptoms first appeared.

If you think you may need healthcare, call your regular provider first. Your provider can decide whether you need to be seen in the office or if you can recover at home. There may be options for you to talk to a medical provider from home using technology.

Please use these links for your own information and to share with families.

<https://www.johnson-county.com/coronavirus>

<https://idph.iowa.gov/emerging-health-issues/novel-coronavirus>

<https://www.cdc.gov/coronavirus>

For your review and to share.