PRECAUTIONARY MEASURES TO LIMIT THE POSSIBLE SPREAD OF CORONAVIRUS AT MASS AT SAINT THOMAS AQUINAS CHURCH

11 March 2020

• Anyone who is ill, or suspects he or she is ill, should refrain from participation in public activities, including Mass. If you need to refrain from Sunday Mass due to illness, you are dispensed from the Sunday obligation. Those who are homebound may watch weekly Sunday Mass online at adw.org/tvmass, ewtn.com/tv/watch-live/united-states, or from your local parish (if available).

• The SIGN OF PEACE should be exchanged without physical contact like hand-shaking. A simple hand-gesture, such as a wave, will suffice.

• During this precautionary time, we encourage you not to receive Communion on the tongue, but to receive Communion in the hand instead.

• Educate yourself on the coronavirus. The resources linked below contain more information on the coronavirus from the CDC as well a link to the Virginia Department of Health resources.

We appreciate your cooperation in implementing these measures to protect our parishioners’ health. Please pray for an end to this illness throughout the world and for those who are afflicted.
Coronavirus prevention

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- Avoid close contact with people who are sick.

- Clean and disinfect frequently touched objects and surfaces.

- Stay home when you are sick.

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