



# Coronavirus Disease (COVID-19) Bulletin

## WHAT IS COVID-19?

COVID-19 is a respiratory disease caused by a novel (new) coronavirus that was first detected in Wuhan, China.

The St. Mary's County Health Department (SMCHD) is working with national, state, and local partners to monitor the evolving COVID-19 situation and respond as necessary. This bulletin is to assist you with preparedness and prevention efforts for your congregation. As you may know, this situation is escalating with new U.S. states and residents affected nearly daily.

## MORE INFORMATION

Please consider encouraging your members to get information from reliable public health sources, such as:

**St. Mary's County Health Department**

[www.smchd.org/coronavirus](http://www.smchd.org/coronavirus)

**The Maryland Department of Health**

[www.health.maryland.gov/coronavirus](http://www.health.maryland.gov/coronavirus)

**The U.S. Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



**ST. MARY'S COUNTY  
HEALTH DEPARTMENT**

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## WHAT CAN WE DO?

- Post signage in your buildings with information about preventing spread of COVID-19 (examples in English and Spanish attached)
- Instead of handshakes and hugs, consider advising your members to use non-contact forms of greetings
- Encourage sick members to stay home and not expose others to illness
- Consider travel guidance from the CDC if planning mission work or events
- Consider making alcohol-based hand sanitizer (at least 60% alcohol) available
- Perform routine environmental cleaning
- Encourage frequent hand washing and coughing/sneezing etiquette
- Stay informed - New guidance may come out as this situation evolves

## Interfaith Health Alliance (IHA)

The IHA is a partnership between SMCHD, the Interfaith Council, and faith-based organizations in St. Mary's County. This partnership works to address key health issues in our community.



[www.smchd.org/interfaith](http://www.smchd.org/interfaith)



[smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)

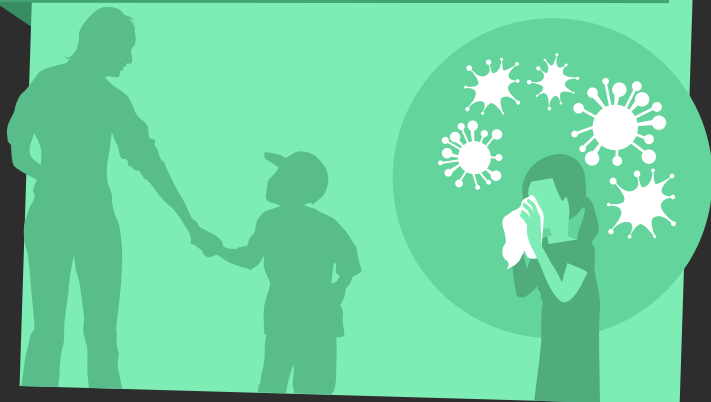


(301) 475- 4330

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

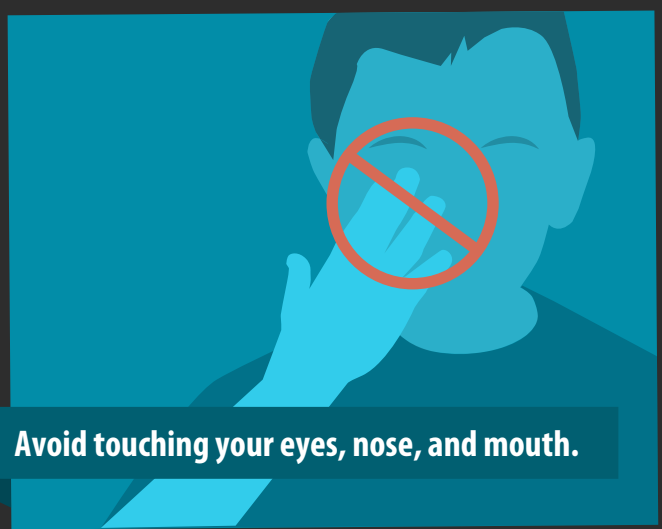
Avoid close contact with people who are sick.



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



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

Evite el contacto cercano con las personas enfermas.



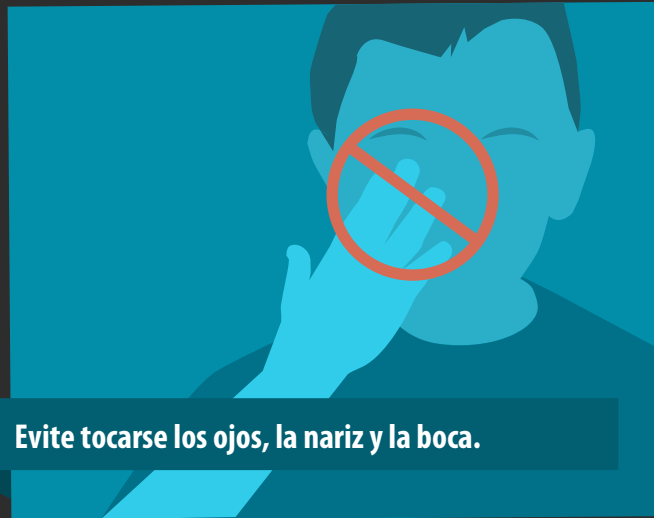
Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelos a la basura.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



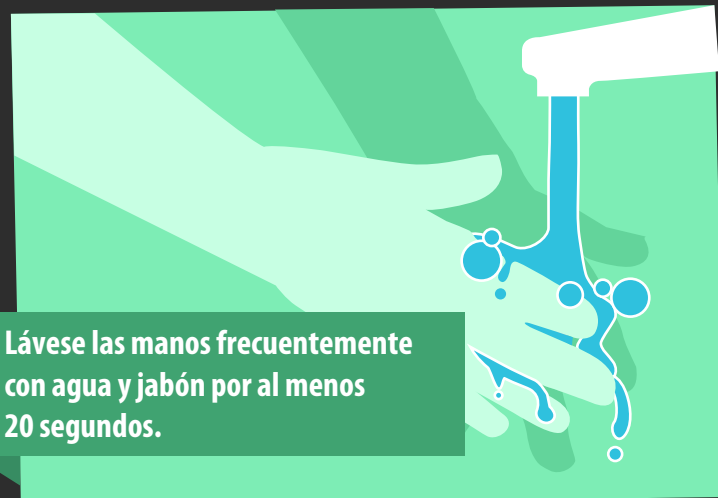
Evite tocarse los ojos, la nariz y la boca.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



Para obtener más información: [www.cdc.gov/COVID19-es](http://www.cdc.gov/COVID19-es)