

There are steps everyone should take to minimize and prevent the spread of the Coronavirus:

- Washing your hands often with soap for at least 20 seconds
- Avoiding close contact with anyone who is sick
- Avoiding touching your face
- Staying home if you're sick
- Disinfecting surfaces at home and at work
- Covering your mouth when coughing or sneezing

If you, your family, or anyone you know has questions about Coronavirus, you can go to the <u>Centers for Disease Control COVID-19</u> website.

At 53, I was reminded as Corinthians talks about, there is nothing new under the sun. We have been here before with Swine Flu, Ebola, SARS and much more and by the grace of God we have survived.

I will humbly wait, watch, pray and keep you posted.

**Colette Forrest** 

