



COVID-19

General Board of Global Ministries (GBGM) Global Health Recommendations

The knowledge related to the coronavirus (COVID-19) epidemic evolves daily.

To control the spread of the COVID-19 outbreak, the General Board of Global Ministries, recommends observing simple everyday preventive actions, WHO and the CDC infection prevention and control measures, that help prevent the spread of respiratory viruses. For these measures to be effective, they must be adhered to and used at all times.

To protect yourself:

- † Avoid close contact with people who are sick.
- † Avoid touching your eyes, nose, and mouth with unwashed hands.
- † Wash your hands often with soap and water for at least 40 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- † Always wash hands with soap and water if hands are visibly dirty.
- † If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

If you are sick, to keep from spreading respiratory illness to others, you should:

- † Stay home when you are sick.
- † Cover your cough or sneeze with a tissue or flexed elbow. If you use a tissue, always throw the tissue in the trash.
- † Clean and disinfect frequently touched objects and surfaces

Note: CDC does not recommend that people that are not sick wear a facemask.

- Facemasks should be used by people who show symptoms of a respiratory illness, in order to protect others from getting infected.
- The use of facemasks is also critical for healthcare workers or others who are taking care of someone who is sick.