



Health Precautions Taken in the First Pres Nursery/Preschool Rooms

All rooms are disinfected before and after Sunday activities.

- All surfaces, toys, doorknobs, and light switches are sprayed with Lysol. As Lysol dries, it evaporates and the disinfected items are safe to use.
- Toys that enter mouths are put in a separate bin and cleaned with a bleach/water solution.

If your child has been sick, we ask that you not bring them to the nursery/class until:

- They have been without a fever for 24 hours.
- They have not vomited in 24 hours.
- They have been on medication for the doctor-recommended time, so they are no longer contagious.
- They do not have a runny nose or cough that includes green/yellow mucus.

If your child eats breakfast in the car on the way to church, please wash their hands with soap and water before bringing them to their classroom.

There is hand sanitizer available in each room.

The safety of our children remains our top priority.

COVID 19 (Coronavirus) Information from the CDC

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends **everyday preventive actions to help prevent the spread of respiratory diseases, including:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

These are everyday habits that can help prevent the spread of several viruses.

How Coronavirus is Spread

The CDC states that coronaviruses most commonly spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- rarely, fecal contamination

Currently, it's unclear how easily or sustainably the Novel Coronavirus is spreading between people. There is much more to learn about the transmissibility, severity, and other features associated with the Novel Coronavirus and investigations are ongoing.

As with all infectious diseases, good hygiene can play a role in controlling its spread. However, the most important public health recommendation is that people report to the nearest health facility if they develop any symptoms indicative of Coronavirus. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness.