



COMMUNICATIONS

To stay continuously updated with communications, recommendations and actions taken by the Diocese of Greensburg to combat the spread of the coronavirus, text "Faith" to the number 724-305-3057 to sign-up for important text message alerts. Up-to-the-minute communication is available on all diocesan social media outlets — Facebook, Twitter and Instagram — and on its website, www.dioceseofgreensburg.org/healthalerts

RECOMMENDATIONS

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- **If you are ill, please stay home.** This is one of the important steps to prevent the spread of any illness. Individuals with fevers that rise to 100F or above should be fever free for 24 hours WITHOUT the use of fever medicines before resuming regular activities or attending work/school. We must each monitor ourselves in order to protect those around us from illness.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces, such as tables and light switches, using a regular household cleaning spray or wipe.
- The CDC does NOT recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- 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.

ACTIONS

Following the advice of regional health care officials primarily regarding concerns about the flu and its impact on parishioners, in addition to growing concerns about the coronavirus, Bishop Edward C. Malesic of the Diocese of Greensburg is asking parishioners to temporarily exchange the sign of peace without physical contact. He has also temporarily suspended the distribution of the precious blood from the chalice. Parishes should make provisions for reception of the Precious Blood for persons with celiac disease who cannot digest the gluten in wheat hosts. He reminds all parishioners that if you are sick, you are not obligated to attend Mass. Bishop Malesic asks you to keep those who are suffering in the current outbreak of sickness and all those who are ill in your prayers.

